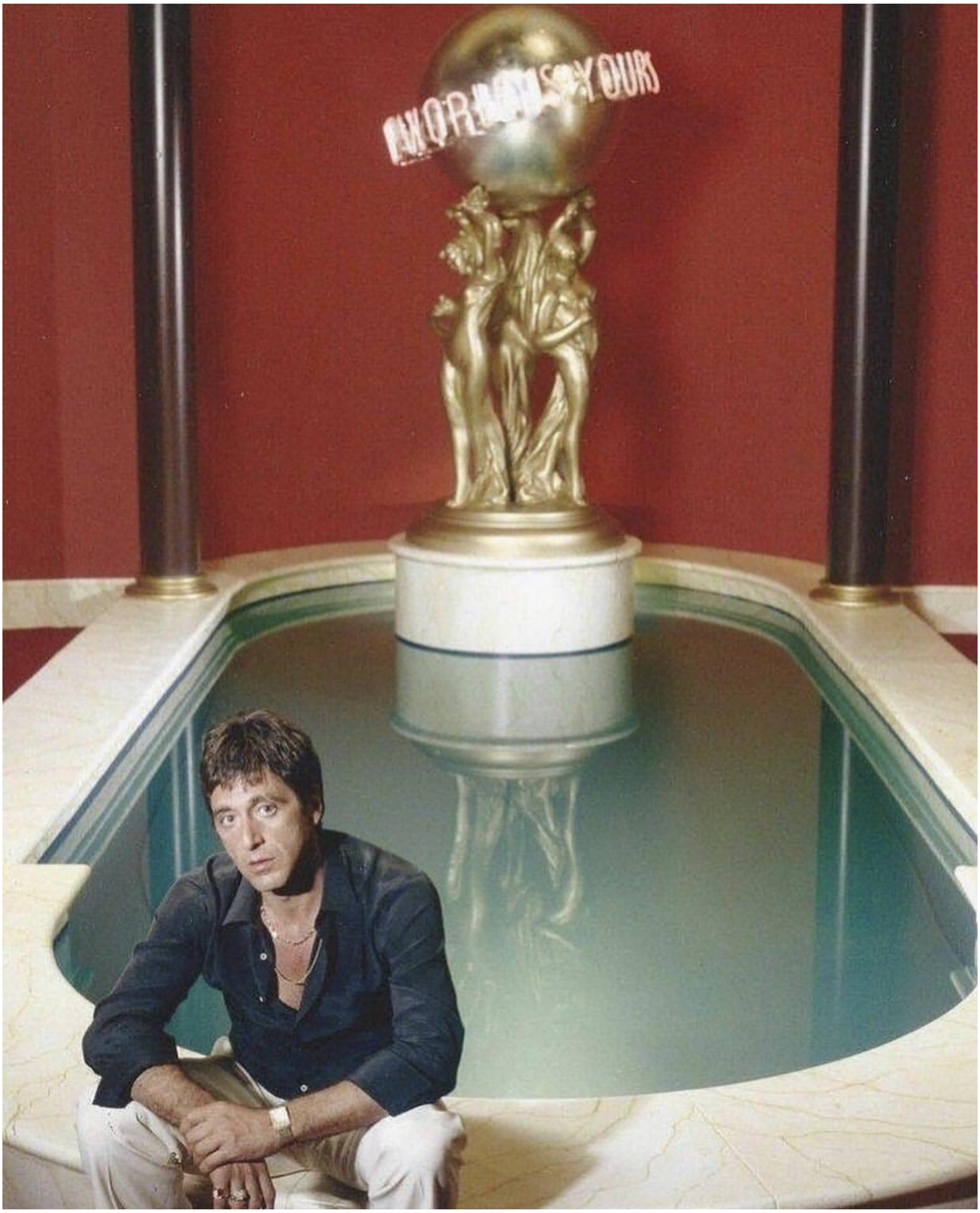


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## Introduction

Firstly, thank you for showing interest in my trading system. I get a lot of messages every week asking about my trading so I thought I would put together a document that shows how I use HTF areas to form a bias then LTF to refine my entries.

This extended version of my document will include EVERYTHING I use to trade on a daily basis. Towards the end of the document there will be a blueprint which will basically be my trading plan cut short so if you find no value at all in the other sections I'm sure you will with the blueprint.

I am making no guarantees that my system will work for you. This is the way I trade and this is what works for me, different styles of trading work best for different types of traders. The zones & levels I use on my charts are no creation of my own and I do not claim to have made any of these concepts, I just simply use them to form a bias for intraday trades.

A lot of you will already use some of the concepts I do so this PDF may not be anything new to you.I need to add that these concepts do not work 100% of the time, sometimes they work perfectly sometimes price blasts through without showing any reaction at all, no trading system works 100% of the time, you will improve with time!

I use these concepts for context. In my opinion context is everything in trading, of course some patterns work better than others but none of them work all the time so it's important to use these HTF areas as context that you form a trade idea from. I use these HTF techniques as confluence, whether that is entering on the LTF at these levels, waiting for reactions at these levels or trading towards them.

As you will notice the screenshots in this document are from the MT4 mobile app. I used to be against trading from your phone as I didn't think this was 'serious' however as I have other commitments during the day it was a case of having to. I actually ended up preferring trading from my phone as opposed to trading from a laptop/desktop as I see things much clearer but if you prefer using a desktop that is completely fine that doesn't change a thing in terms of my system and how I trade.

In the following document I will use various currency pairs (and Gold) and different timeframes as price is fractal, what works on one time frame works on the others too. If you choose to use these concepts it is upto you to determine which time frames you use these on and which pairs you choose to trade.

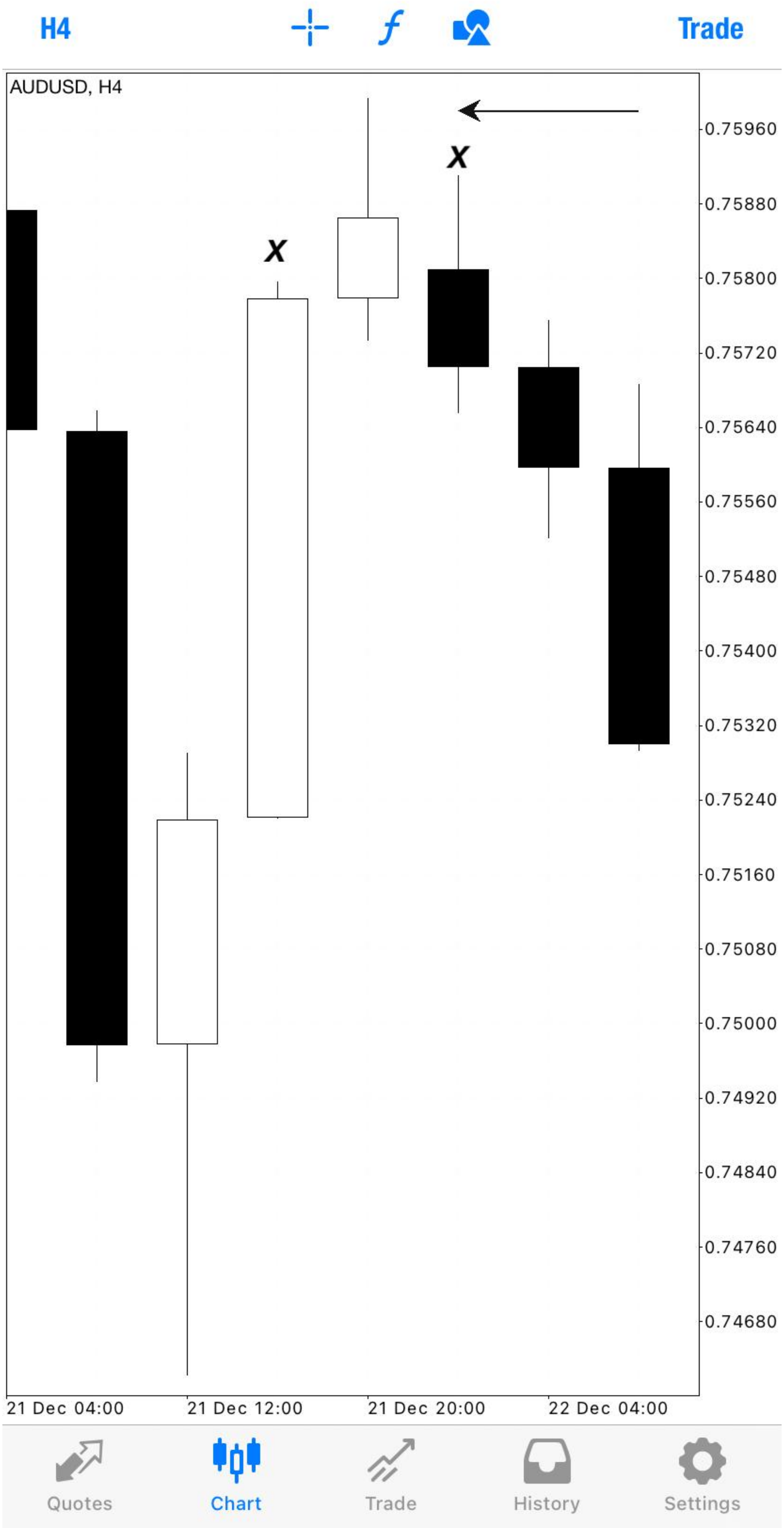
The PDF will be split into three sections:

- Higher Time Frame Analysis (HTF)
- Lower Time Frame analysis (LTF)
- Extra Content (Side Notes & Trade Breakdown Examples etc.

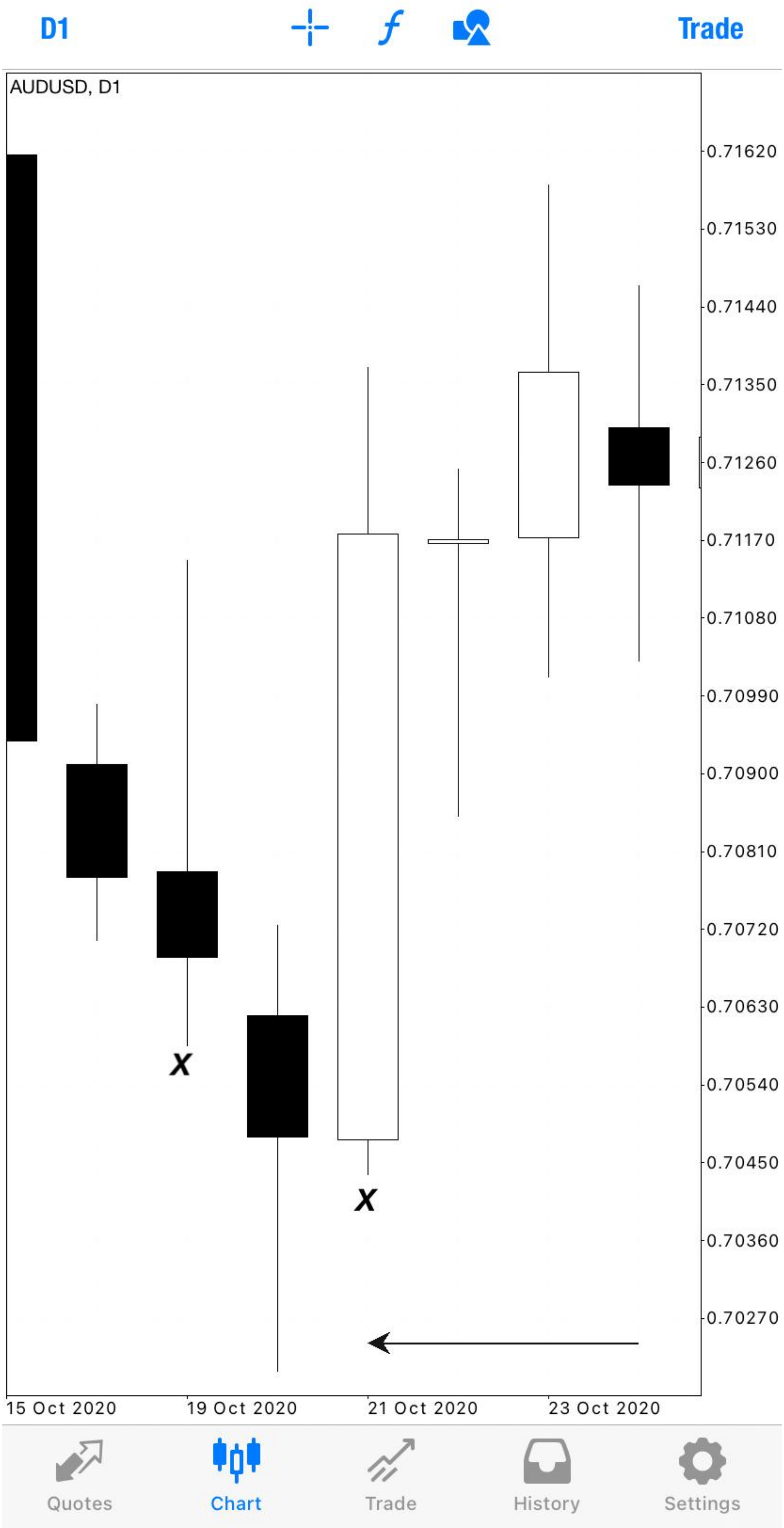
I mainly use Weekly, Daily, H4 and even H1 time frames for a directional bias and key areas I want to trade at. I even mark out M15 key areas but I rarely base a trade solely on the timeframe alone. My main entry time frames are M5 and M1 but if you're new to LTF entries then I'd recommend starting on the M15/M5 first, no need to rush the M1 isn't going anywhere.

Before I get into the good stuff I need everyone to know what a swing high and swing low is. I won’t do a section on this because it’s too straight forward I’ll just show an example of each.

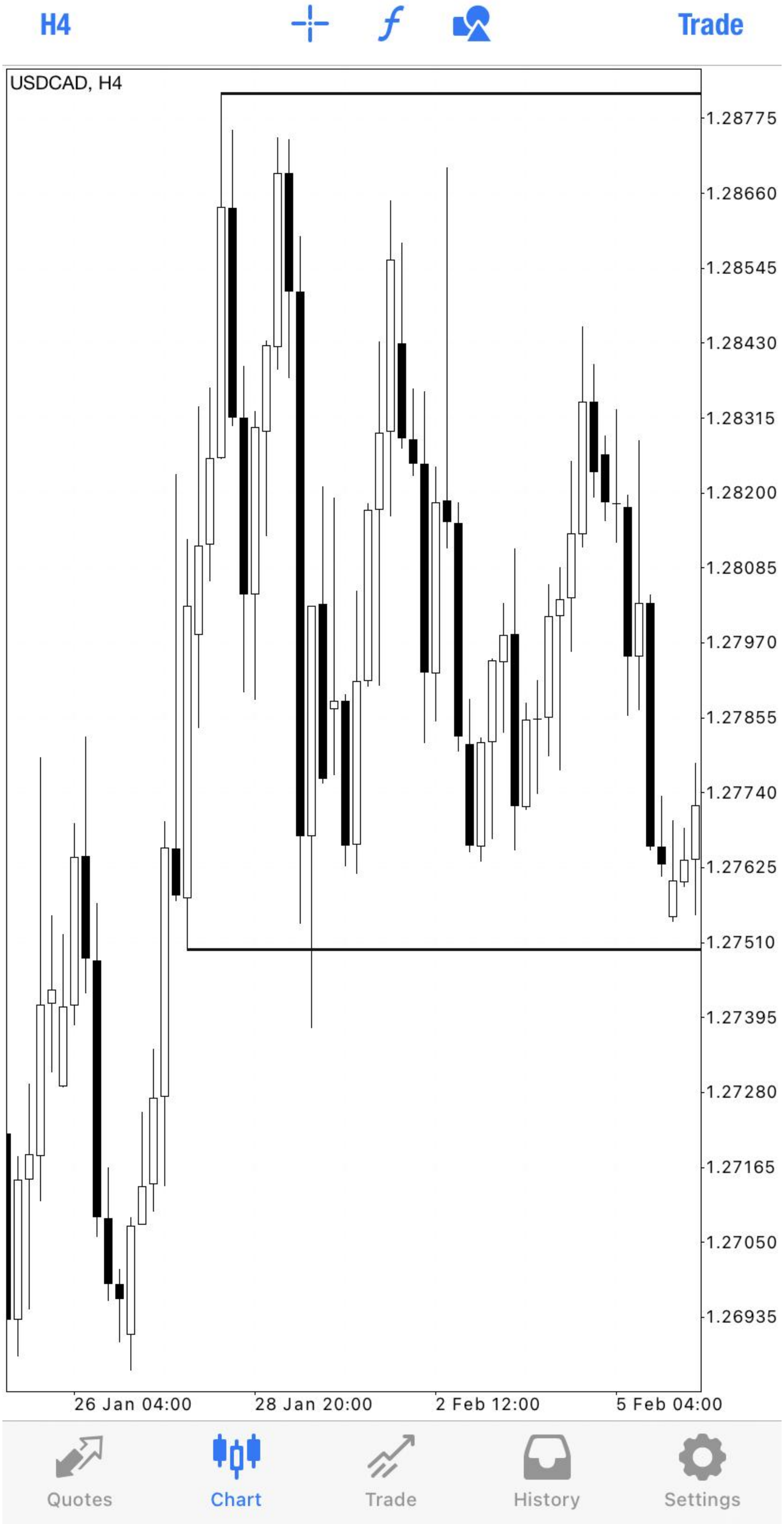
**Swing High** = Candlestick with a higher wick than the candle to the left and candle to the right (candle doesn't always have to have a wick but the same principle applies).


H4
Trade
AUDUSD, H4
X
X
0.75960
0.75880
0.75800
0.75720
0.75640
0.75560
0.75480
0.75400
0.75320
0.75240
0.75160
0.75080
0.75000
0.74920
0.74840
0.74760
0.74680
21 Dec 04:00
21 Dec 12:00
21 Dec 20:00
22 Dec 04:00
Quotes
Chart
Trade
History
Settings

**Swing Low** = Candlestick with a lower wick than the candle to the left and candle to the right (candle doesn’t always have to have a wick but the same principle applies).


D1
Trade
AUDUSD, D1
0.71620
0.71530
0.71440
0.71350
0.71260
0.71170
0.71080
0.70990
0.70900
0.70810
0.70720
0.70630
0.70540
0.70450
0.70360
0.70270
X
X
15 Oct 2020
19 Oct 2020
21 Oct 2020
23 Oct 2020
Quotes
Chart
Trade
History
Settings

**HTF:**
**Market Structure**

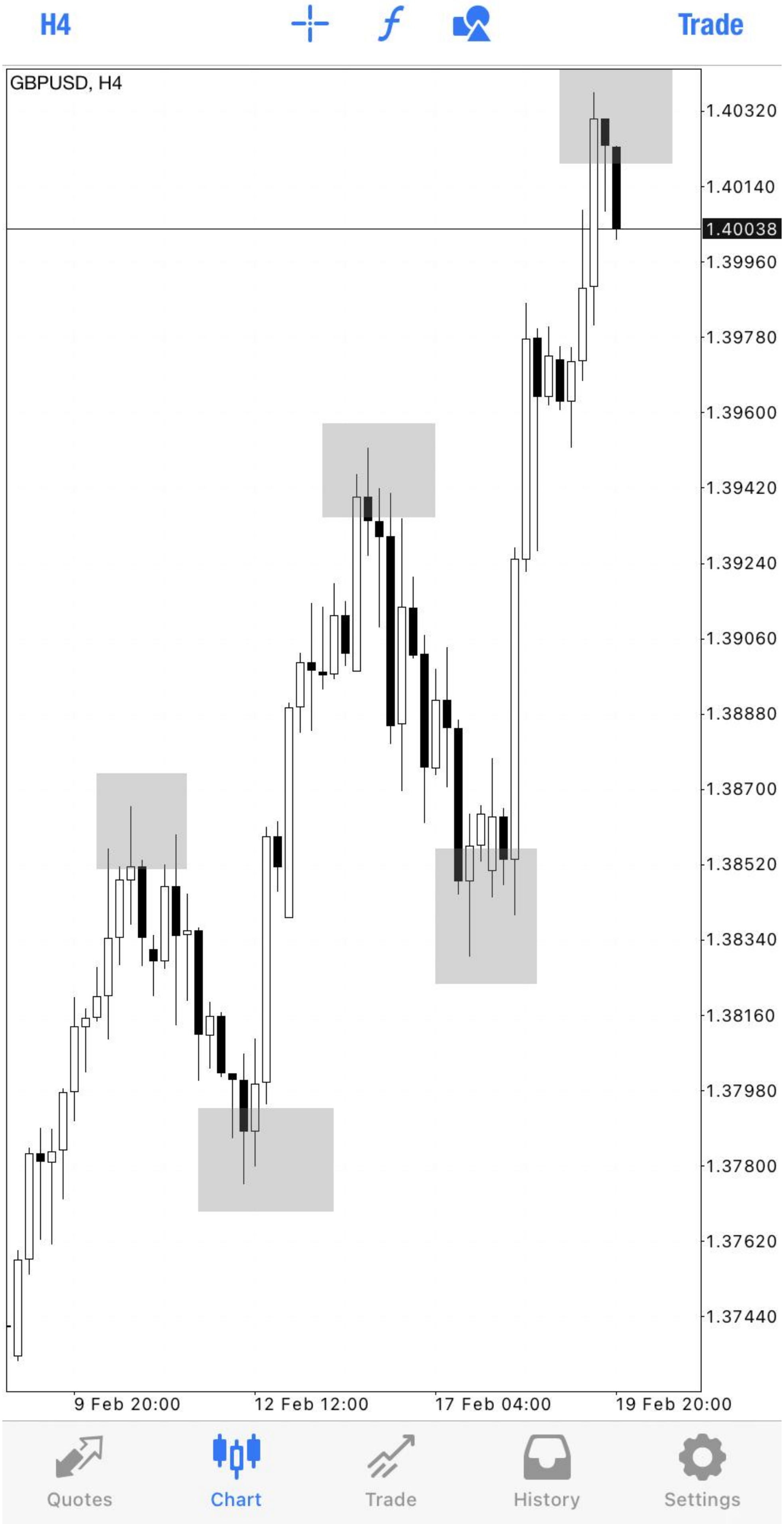


H4
Trade
USDCAD, H4
1.28775
1.28660
1.28545
1.28430
1.28315
1.28200
1.28085
1.27970
1.27855
1.27740
1.27625
1.27510
1.27395
1.27280
1.27165
1.27050
1.26935
26 Jan 04:00
28 Jan 20:00
2 Feb 12:00
5 Feb 04:00
Quotes
Chart
Trade
History
Settings

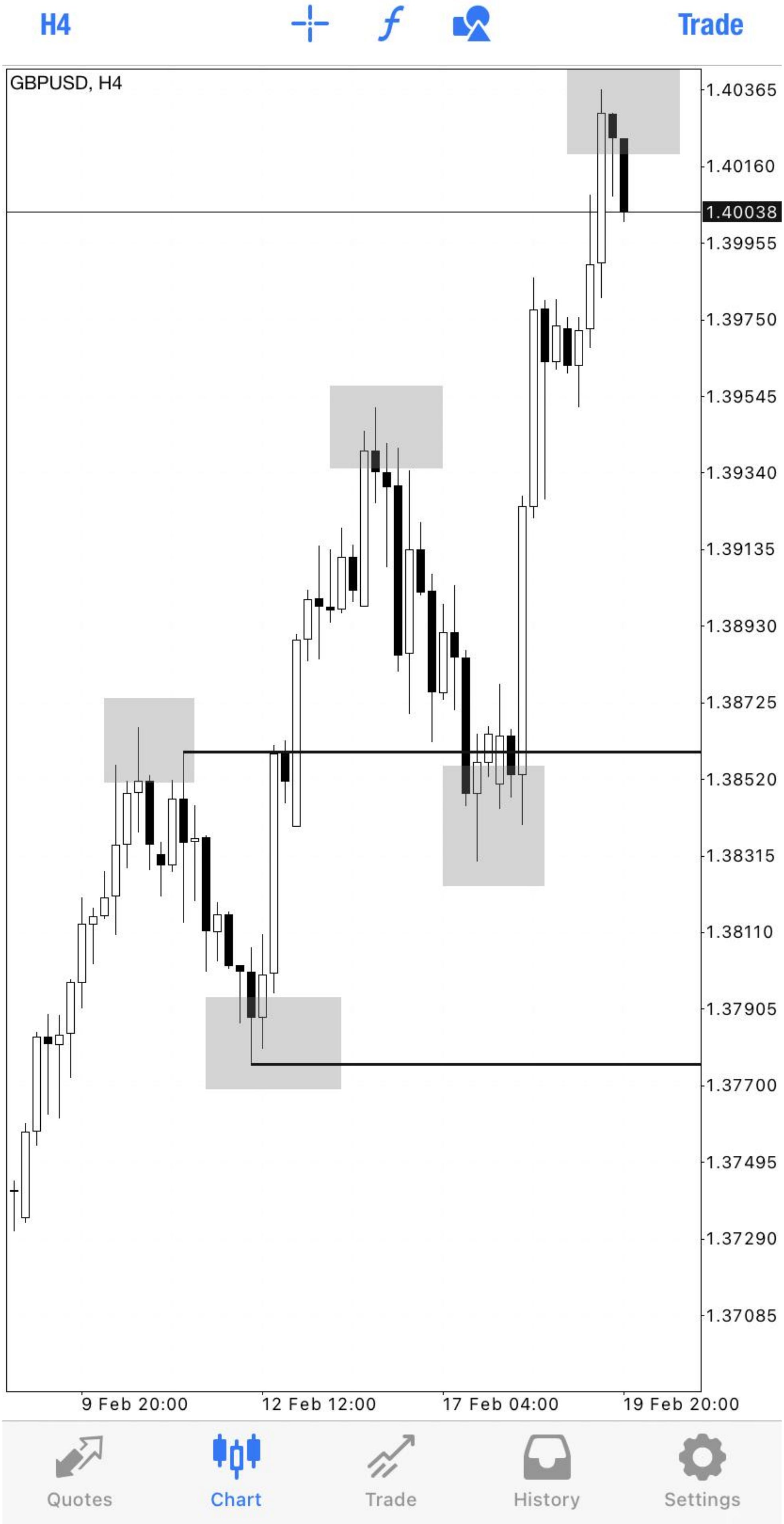
The concept of market structure or the way I use market structure is very simple and consists of two levels, market structure high (MSH) and market structure low (MSL). The two structure points are always a specific swing high and swing low.

The two specific levels come from whichever way price broke and closed above/below last, bullish market structure break (MSB) = bullish market structure. A market structure break is simply a BREAK AND CLOSE above/below MSH/MSL. Whichever way price broke last is the way in which it wants to go. However. not every single break and close above/below a swing high/low is a MSB; they have to be official market structure levels.

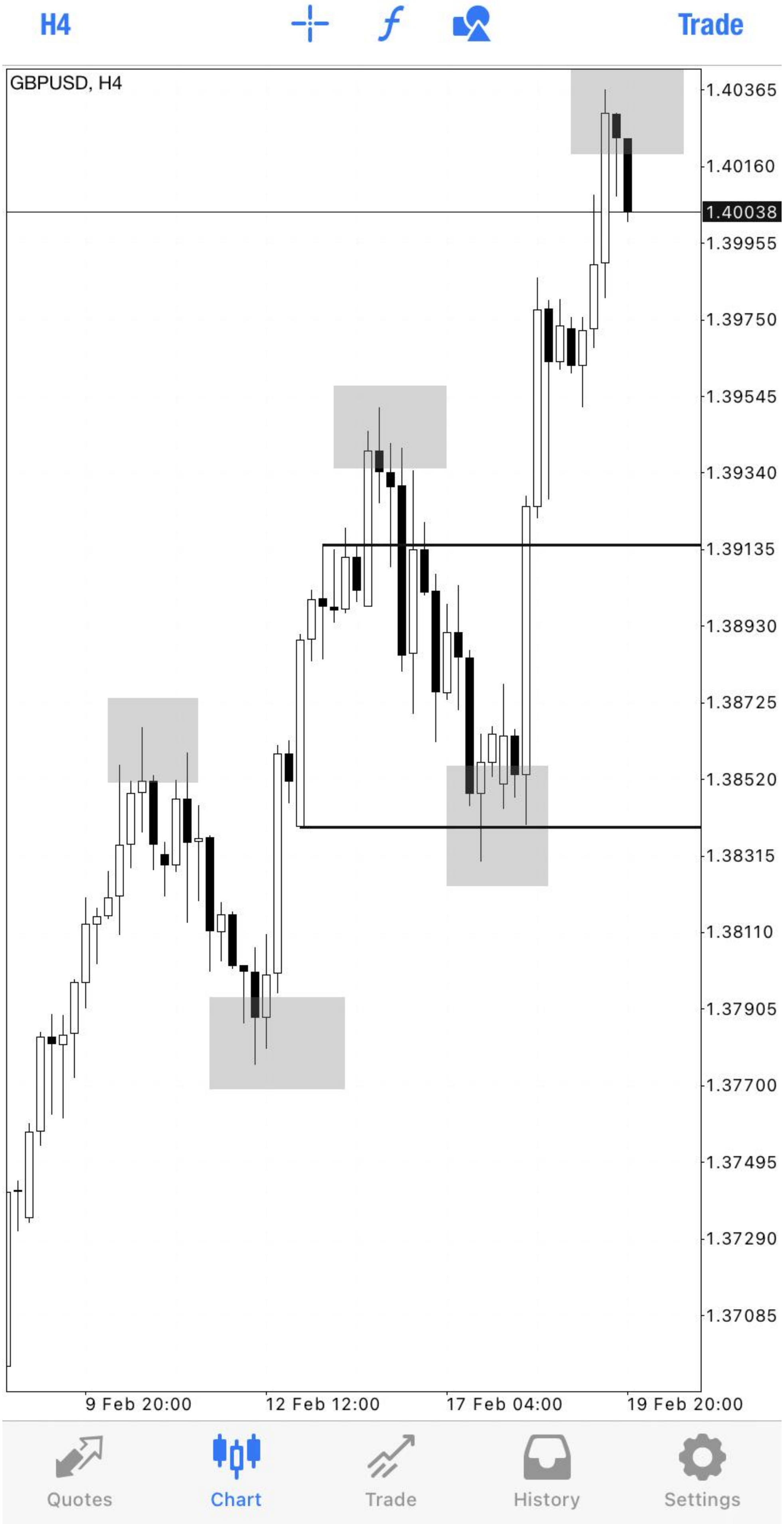
Price is always doing one of three things trending up, trending down or moving sideways. In order to move upwards price makes higher highs and higher lows as shown in the chart below (vice versa for downwards moves). As you can see, even when we have an uptrend,price spends more time moving downwards than it does moving up. This is because whenever price makes a new higher high the moves are big and fast because the move is backed by order flow.

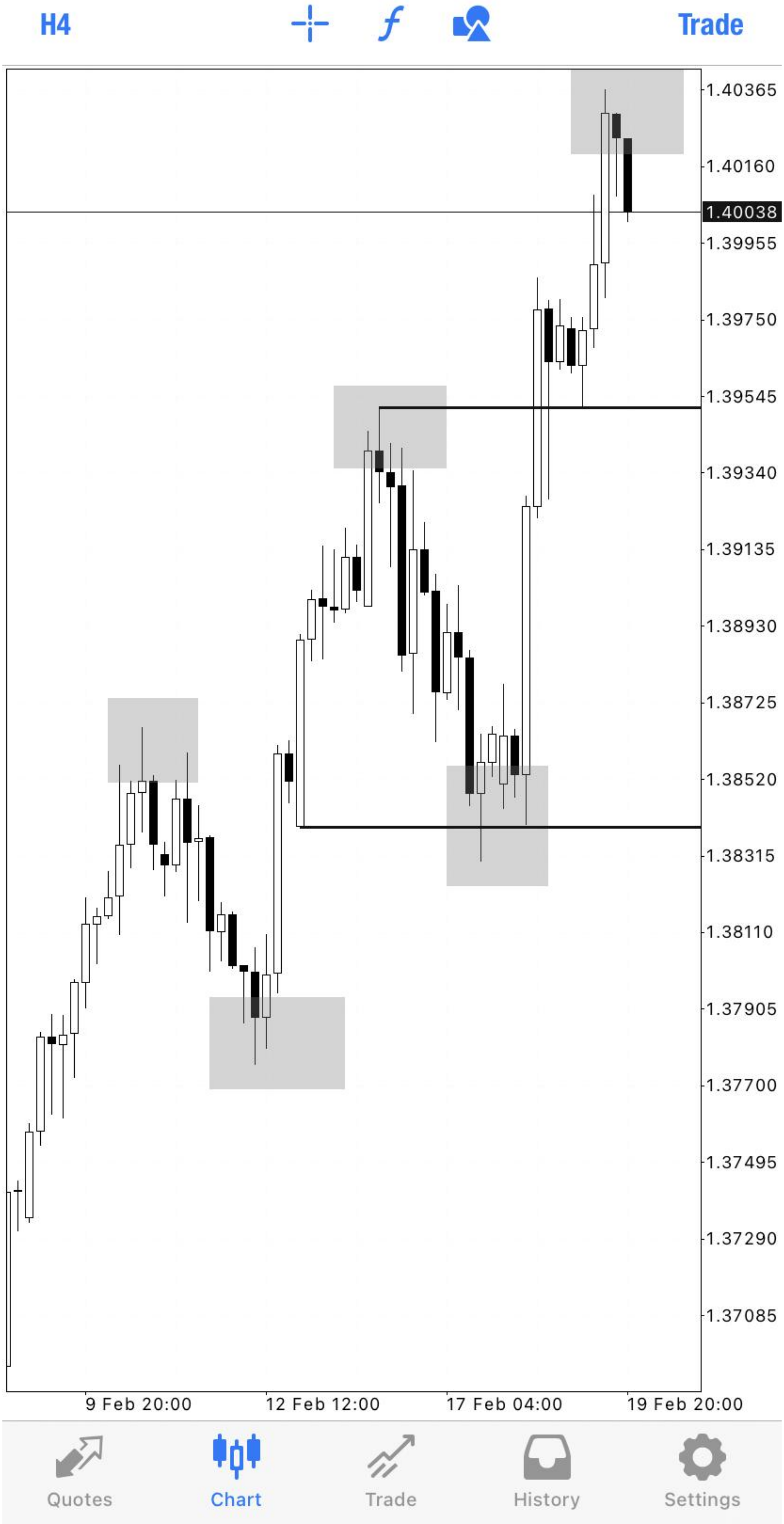

H4
Trade
GBPUSD, H4
1.40320
1.40140
1.40038
1.39960
1.39780
1.39600
1.39420
1.39240
1.39060
1.38880
1.38700
1.38520
1.38340
1.38160
1.37980
1.37800
1.37620
1.37440
9 Feb 20:00
12 Feb 12:00
17 Feb 04:00
19 Feb 20:00
Quotes
Chart
Trade
History
Settings

Below is an example of 'official' market structure levels. You can see how structure has shifted from bearish to bullish due to the break and close above the MSH. You then mark out the new MSH and MSL but only once a new swing high has been made.

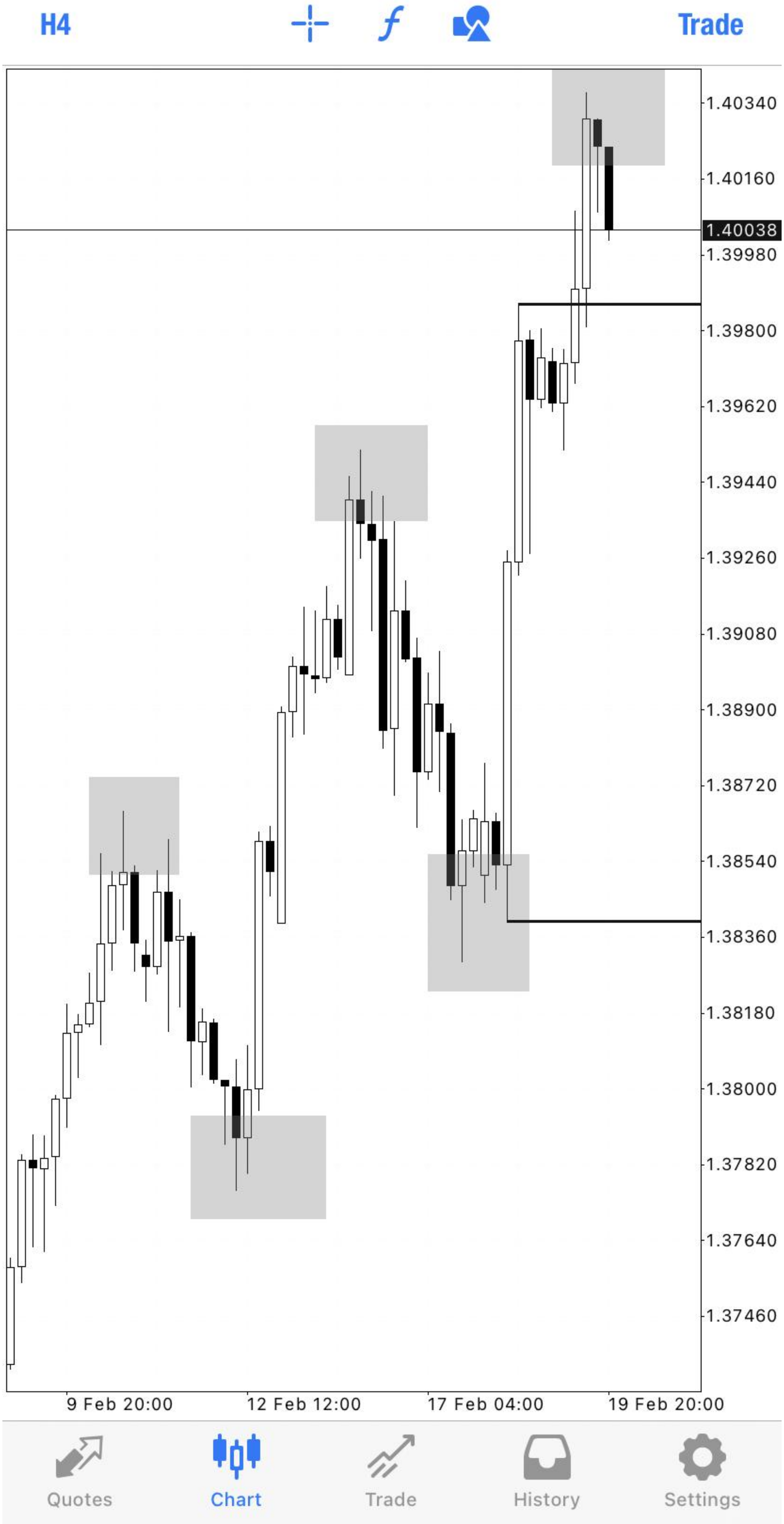


H4
Trade
GBPUSD, H4
1.40365
1.40160
1.40038
1.39955
1.39750
1.39545
1.39340
1.39135
1.38930
1.38725
1.38520
1.38315
1.38110
1.37905
1.37700
1.37495
1.37290
1.37085
9 Feb 20:00
12 Feb 12:00
17 Feb 04:00
19 Feb 20:00
Quotes
Chart
Trade
History
Settings

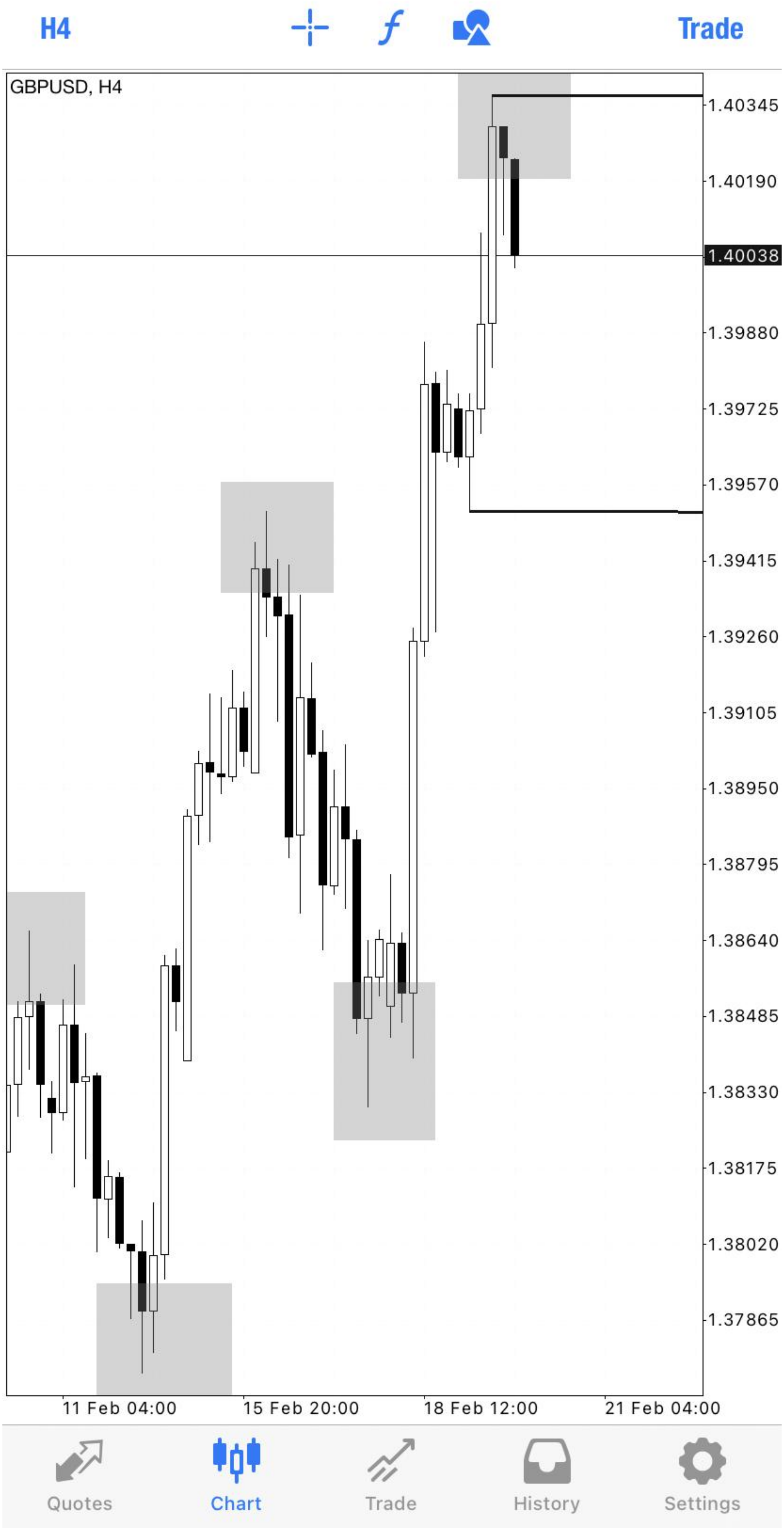

H4
Trade
GBPUSD, H4
1.40365
1.40160
1.40038
1.39955
1.39750
1.39545
1.39340
1.39135
1.38930
1.38725
1.38520
1.38315
1.38110
1.37905
1.37700
1.37495
1.37290
1.37085
9 Feb 20:00
12 Feb 12:00
17 Feb 04:00
19 Feb 20:00
Quotes
Chart
Trade
History
Settings



H4
Trade
1.40365
1.40160
1.40038
1.39955
1.39750
1.39545
1.39340
1.39135
1.38930
1.38725
1.38520
1.38315
1.38110
1.37905
1.37700
1.37495
1.37290
1.37085
9 Feb 20:00
12 Feb 12:00
17 Feb 04:00
19 Feb 20:00
Quotes
Chart
Trade
History
Settings



H4
Trade
1.40340
1.40160
1.40038
1.39980
1.39800
1.39620
1.39440
1.39260
1.39080
1.38900
1.38720
1.38540
1.38360
1.38180
1.38000
1.37820
1.37640
1.37460
9 Feb 20:00
12 Feb 12:00
17 Feb 04:00
19 Feb 20:00
Quotes
Chart
Trade
History
Settings


H4
Trade
GBPUSD, H4
1.40345
1.40190
1.40038
1.39880
1.39725
1.39570
1.39415
1.39260
1.39105
1.38950
1.38795
1.38640
1.38485
1.38330
1.38175
1.38020
1.37865
11 Feb 04:00
15 Feb 20:00
18 Feb 12:00
21 Feb 04:00
Quotes
Chart
Trade
History
Settings

As an intraday trader I am still able to short during an uptrend but only on a retrace, do not try to predict reversal. Taking shorts during an uptrend obviously comes with more risk so don't be aiming for 10R short trades when price is trending upwards, take 2-3R and go.

Market structure levels also work when price is ranging. It is very common for price to trade between the two structure levels, usually between the premium and discount parts of the range. Premium pricing is the upper 25% of the range and discount is the lower 25% if the range. An easy way to remember this is when a product for example is at a premium price, you sell it and when a product is at a discount you buy it (you can easily mark this out using the Fib tool).



H4
Trade
USDCAD, H4
1.28830
1.28710
1.28590
1.28470
1.28350
1.28230
1.28110
1.27990
1.27870
1.27750
1.27630
1.27510
1.27390
1.27270
1.27150
1.27030
1.26910
22 Jan 20:00
27 Jan 12:00
1 Feb 04:00
3 Feb 20:00
Quotes
Chart
Trade
History
Settings

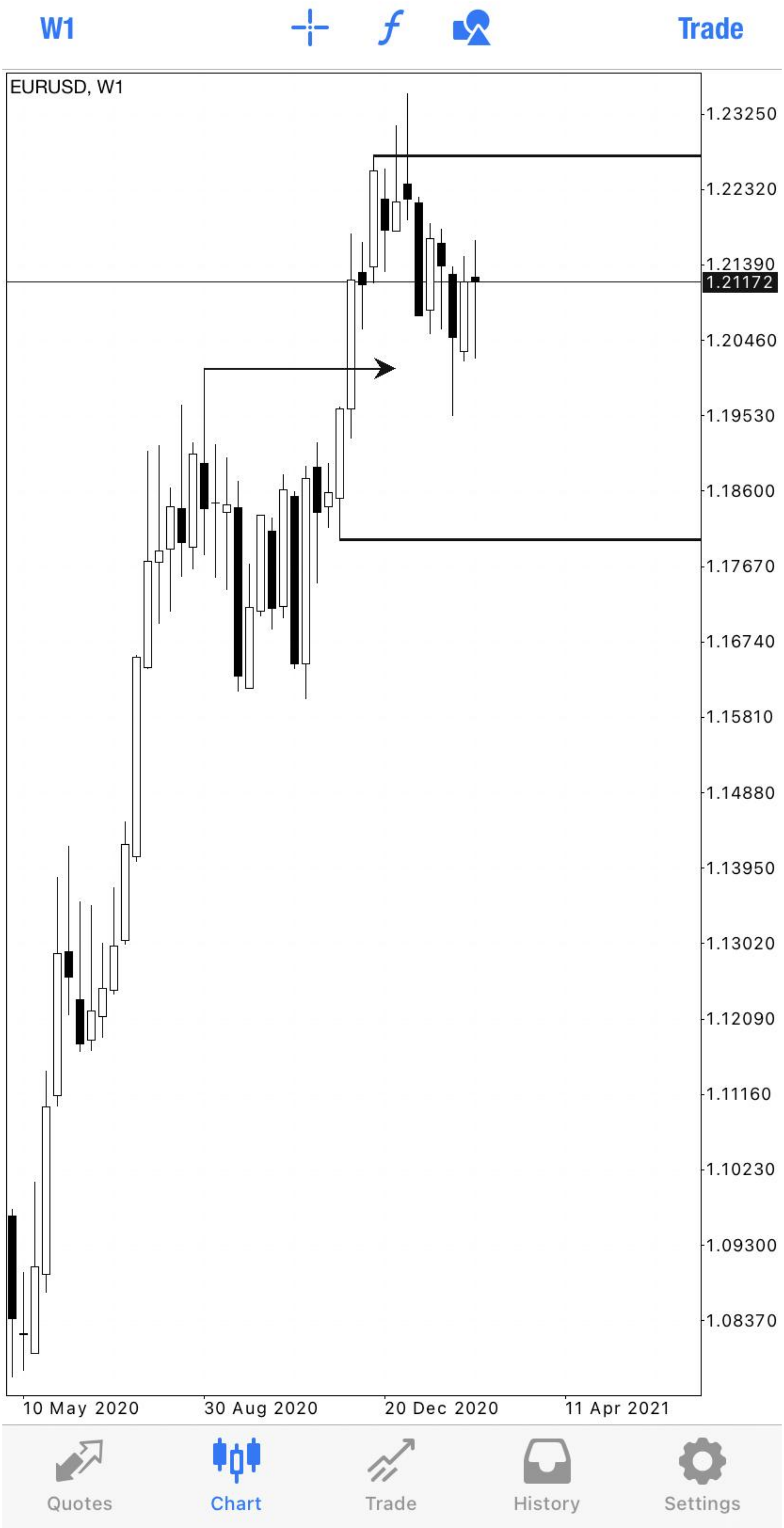


H4
Trade
USDCAD, H4
Entry
25%
50%
75%
SL
1.28830
1.28710
1.28590
1.28470
1.28350
1.28230
1.28110
1.27990
1.27870
1.27750
1.27630
1.27510
1.27390
1.27270
1.27150
1.27030
1.26910
22 Jan 20:00
27 Jan 12:00
1 Feb 04:00
3 Feb 20:00
Quotes
Chart
Trade
History
Settings

Look how often these areas are respected. There are multiple trades within these two zones, from premium down to discount and discount back up to premium. When price is in a range like the chart above where do you think the best areas are to trade? Premium and Discount. You don't want to be trading in the middle of the range because you're going to get stopped out time and time again because market makers want price at a premium and discount, not equilibrium.

I use market structure on the weekly, daily & H4 timeframe. This works on all time frames however I like to stick to H4+ as it gives me a good indication of where I am in the market.

You will often see different price structures on different timeframes. For example you can sometimes get bullish structure on the daily but bearish structure on the H4, do not overthink this. Although a trade will be higher probability when structure aligns on all timeframes you don't need them to. Just be aware when price does approach these areas this is where it's best to trade or trade towards.


W1
Trade
EURUSD, W1
1.23250
1.22320
1.21390
1.21172
1.20460
1.19530
1.18600
1.17670
1.16740
1.15810
1.14880
1.13950
1.13020
1.12090
1.11160
1.10230
1.09300
1.08370
10 May 2020
30 Aug 2020
20 Dec 2020
11 Apr 2021
Quotes
Chart
Trade
History
Settings



D1
Trade
XAUUSD, D1
1955.85
1944.20
1932.55
1920.90
1909.25
1897.60
1885.95
1874.30
1862.65
1851.00
1839.35
1827.70
1816.05
1804.40
1792.75
1783.36
1781.10
1769.45
23 Dec 2020
18 Jan 2021
9 Feb 2021
27 Feb 2021
Quotes
Chart
Trade
History
Settings

Just to add, the arrows are the old market structure points and the two other lines are the current market structure levels. With the D1 XAUUSD example you can see I haven't marked a new MSL. This is because price hasn't created a new swing low just yet. If the next daily candle doesn't go below the last daily candle low then you will have your new MSL. If price continues downwards then you will have to wait for your new MSL to form.

**Stop Sweep**


D1
Trade
EURUSD, D1
1.14555
1.14350
1.14145
1.13940
1.13735
1.13530
1.13325
1.13120
1.12915
1.12710
1.12505
1.12300
1.12095
1.11890
1.11685
1.11480
1.11275
6 Feb 2019
28 Feb 2019
22 Mar 2019
15 Apr 2019
Quotes
Chart
Trade
History
Settings

A Sweep isn't a level or a zone as such but it is a price action pattern that I use a lot in trading. I mainly use H1, H4 and D1 sweeps for confluence but price is fractal so whatever works on one time frame works on all the others too.

If you haven't heard of a stop sweep you've more than likely been a victim to one in the past. When you're in a trade with your stop loss set only for the market to take you out by a few pips then reverse and hit your target like you planned.

A sweep also known as a stop raid or stop hunt is when price aims to take market participants out of their positions by hitting their stop loss then continuing in the same direction as before.


15:10
4G
H1
Trade
AUDUSD, H1
0.77875
0.77830
0.77785
0.77740
0.77695
0.77650
0.77605
0.77560
0.77515
0.77470
0.77425
0.77380
0.77335
0.77290
0.77245
0.77200
0.77155
10 Feb 22:00
11 Feb 14:00
12 Feb 06:00
12 Feb 22:00
Quotes
Chart
Trade
History
Settings

As you can see from the image above price approaches the swing low (arrow) then wicks below and closes back above, as simple as it looks that is what I call a sweep. The candle HAS TO CLOSE before you call it a sweep. If you're on the H1 timeframe and price wicks above a high for example but that H1 candle hasn't closed yet you can't yet call it a H1 sweep as the candle hasn't closed.

Any trader who went long with a stop loss below the swing low that the arrow is pointing to got stopped out. After they got stopped out by a few pips price reversed & carried on to the upside without them in the trade. So the trader who went long from this area was in a sense 'right' but still lost money. As the saying goes "trading isn't about being right, it's about making money".

Price likes to pick up liquidity (pending orders) before continuing a move up or down, price never moves in a straight line. So, next time you miss a trade and jump in at a worse price, be patient and wait as it's highly likely price will return to that same level anyway taking out all those early traders who couldn't help themselves. When you see that the sweep is confirmed (when the candle closes) this should be a sign telling you the market is now ready to move in that direction.

This can happen with any swing high/low but the ones that have the most orders resting above/below them are monthly, weekly, daily & H4 swings mainly previous months high/low, previous weeks high/low and previous days high/low. They work best for me when they happen during London and New York session, when you see these happen during those times it's game time.



D1
Trade
XAUUSD, D1
1962.00
1950.20
1938.40
1926.60
1914.80
1903.00
1891.20
1879.40
1867.60
1855.80
1844.00
1832.20
1820.40
1808.60
1796.80
1785.00
1783.04
1773.20
16 Oct 2020
9 Nov 2020
1 Dec 2020
23 Dec 2020
Quotes
Chart
Trade
History
Settings



H4
Trade
AUDUSD, H4
0.78750
0.78684
0.78650
0.78550
0.78450
0.78350
0.78250
0.78150
0.78050
0.77950
0.77850
0.77750
0.77650
0.77550
0.77450
0.77350
0.77250
0.77150
10 Feb 00:00
12 Feb 16:00
17 Feb 04:00
19 Feb 20:00
Quotes
Chart
Trade
History
Settings


H1
Trade
EURUSD, H1
1.21175
1.21100
1.21000
1.20900
1.20800
1.20700
1.20600
1.20500
1.20400
1.20300
1.20200
1.20100
1.20000
1.19900
1.19800
1.19700
1.19600
5 Feb 06:00
5 Feb 22:00
8 Feb 14:00
9 Feb 06:00
Quotes
Chart
Trade
History
Settings



H4
Trade
GBPUSD, H4
1.37190
1.37030
1.36870
1.36710
1.36550
1.36390
1.36230
1.36070
1.35910
1.35750
1.35590
1.35430
1.35270
1.35110
1.34950
1.34790
1.34630
6 Jan 12:00
11 Jan 00:00
13 Jan 16:00
18 Jan 04:00
Quotes
Chart
Trade
History
Settings


H1
Trade
USDCHF, H1
0.89940
0.89900
0.89860
0.89820
0.89780
0.89740
0.89700
0.89658
0.89620
0.89580
0.89540
0.89500
0.89460
0.89420
0.89380
0.89340
0.89300
17 Feb 06:00
17 Feb 22:00
18 Feb 14:00
19 Feb 06:00
Quotes
Chart
Trade
History
Settings

## Origins

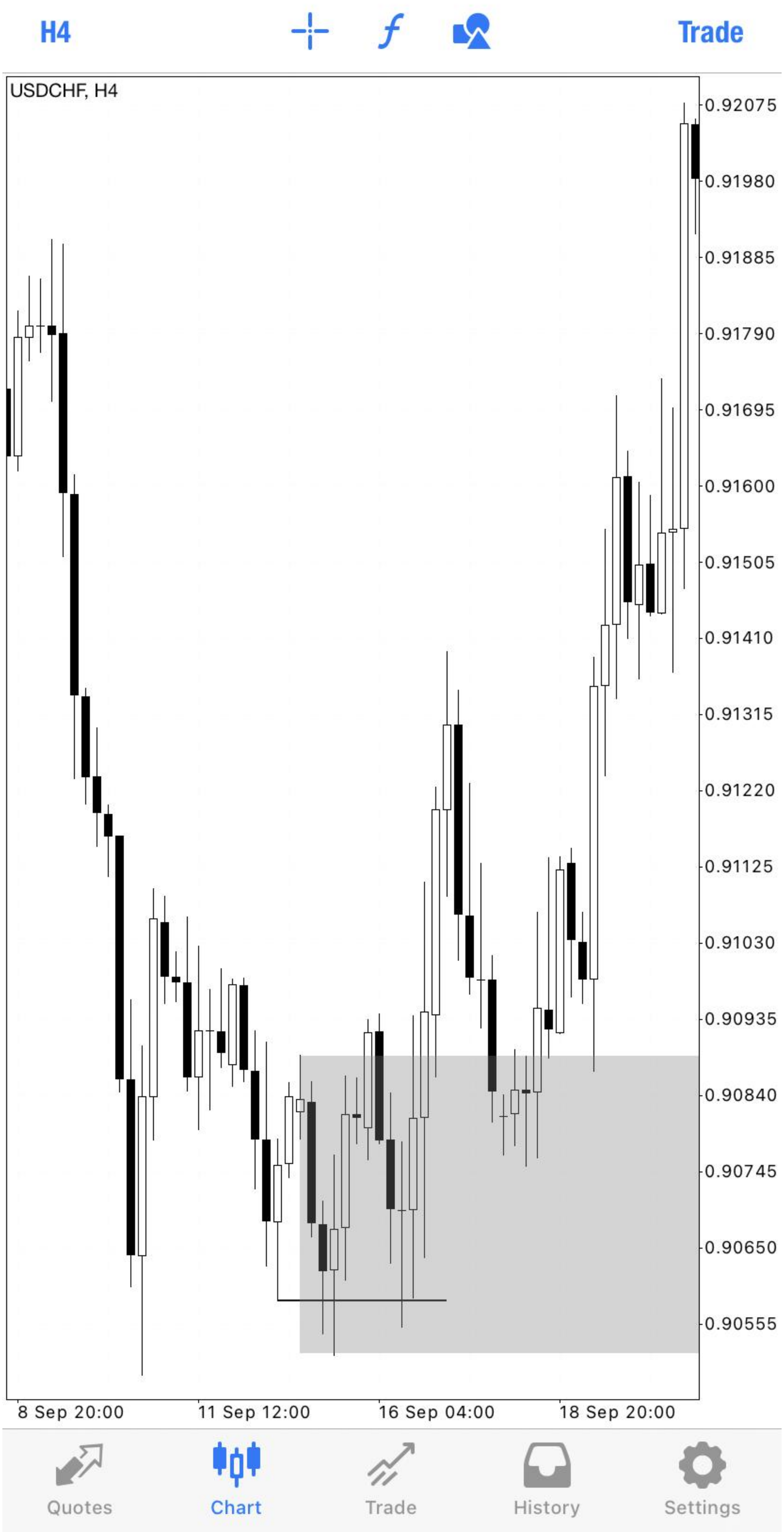

H1
Trade
XAUUSD, H1
1923.55
1921.10
1918.65
1916.20
1913.75
1911.30
1908.85
1906.40
1903.95
1901.50
1899.05
1896.60
1894.15
1891.70
1889.25
1886.80
1884.35
13 Oct 17:00
14 Oct 10:00
15 Oct 03:00
15 Oct 19:00
Quotes
Chart
Trade
History
Settings

Sweep (black line) > Market Structure Break (arrow) > Return To Origin (grey box). Very similar to supply and demand zones with a few extra features required in order to make it valid.

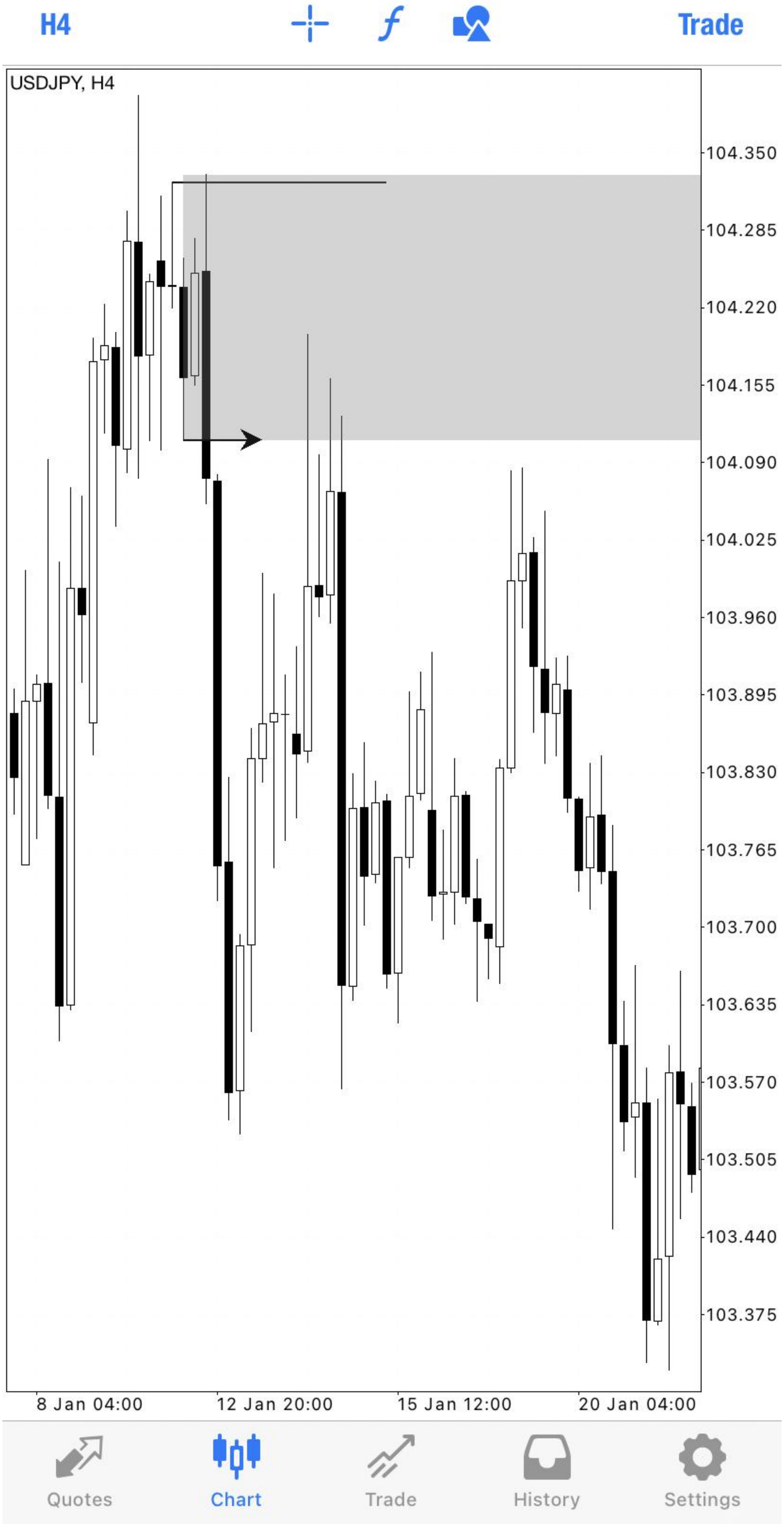
The market structure point I use to confirm an origin is the most recent swing high that has formed before the sweep but after the swing low for bullish scenarios, obviously the opposite for bearish scenarios. So, wick and close above a swing low then break and close above the most recent swing high. Once you have those two confirmed all you're waiting for now is the RTO, then origin is the candle that sweeps the swing low. You can also include the last up close candle as well as the sweep candle as price may not retrace that far all the time. Here's an example below:


H4
Trade
USDCHF, H4
0.95290
0.95190
0.95090
0.94990
0.94890
0.94790
0.94690
0.94590
0.94490
0.94390
0.94290
0.94190
0.94090
0.93990
0.93890
0.93790
0.93690
26 Jun 20:00
1 Jul 12:00
6 Jul 04:00
8 Jul 20:00
Quotes
Chart
Trade
History
Settings

Origins incorporate three different concepts I use all into one. When LTF setups form within these origins there is a high chance you'll see strong reactions away from these areas. To put it simply the market makers are taking out early buyers who have their stop loss set below the swing low, then moving up to take the next set of stops at the market structure point, then returning back to the origin to then finally push up higher from that area. Market makers love to take our both sides of the market (buyers and sellers) before they finally take off in their given direction.


H4
Trade
USDCHF, H4
0.92075
0.91980
0.91885
0.91790
0.91695
0.91600
0.91505
0.91410
0.91315
0.91220
0.91125
0.91030
0.90935
0.90840
0.90745
0.90650
0.90555
8 Sep 20:00
11 Sep 12:00
16 Sep 04:00
18 Sep 20:00
Quotes
Chart
Trade
History
Settings

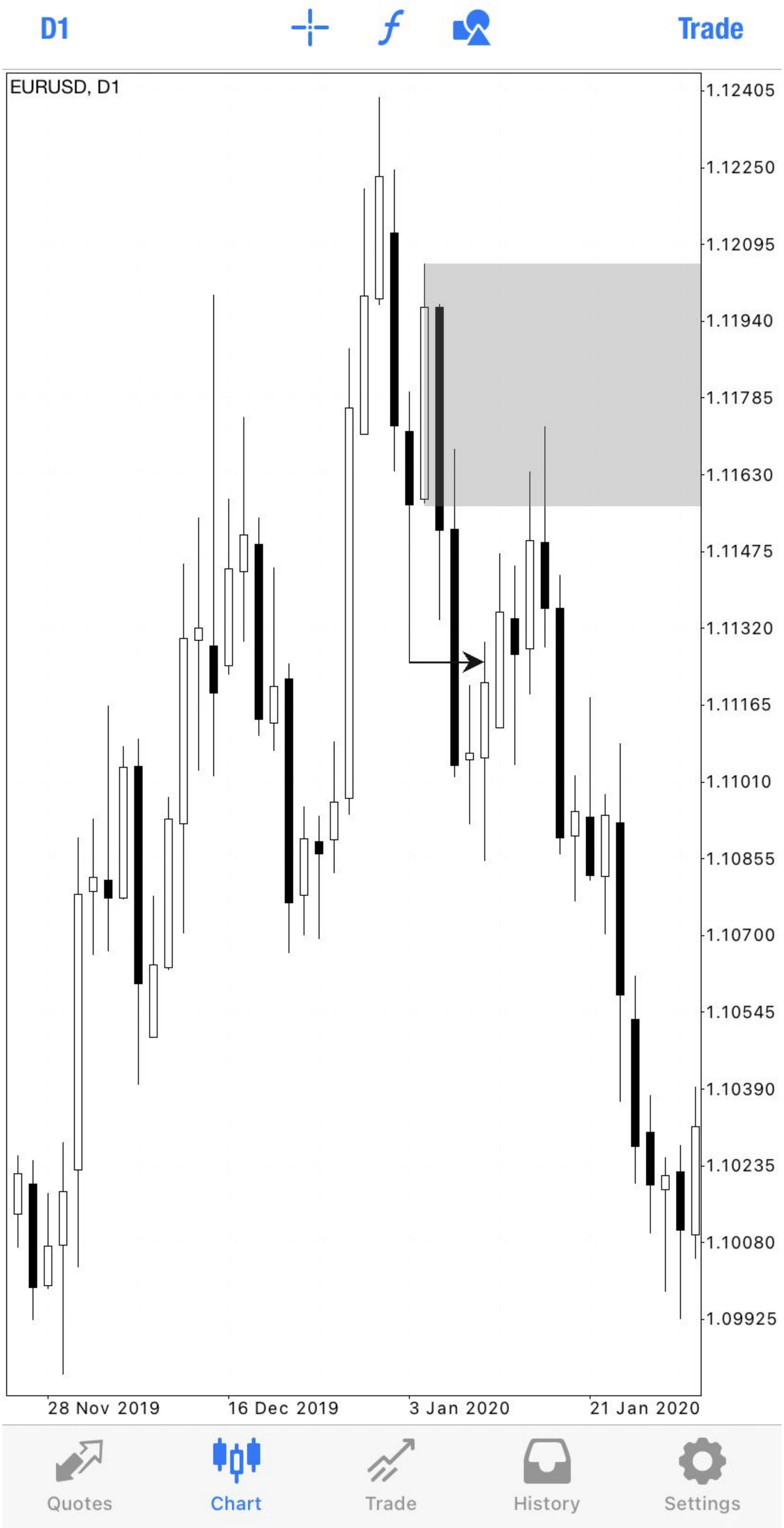

H1
Trade
AUDUSD, H1
0.78040
0.77985
0.77930
0.77875
0.77820
0.77765
0.77710
0.77655
0.77600
0.77545
0.77490
0.77435
0.77380
0.77325
0.77270
0.77215
12 Feb 11:00
15 Feb 11:00
16 Feb 11:00
17 Feb 11:00
Quotes
Chart
Trade
History
Settings


H4
Trade
USDJPY, H4
104.350
104.285
104.220
104.155
104.090
104.025
103.960
103.895
103.830
103.765
103.700
103.635
103.570
103.505
103.440
103.375
8 Jan 04:00
12 Jan 20:00
15 Jan 12:00
20 Jan 04:00
Quotes
Chart
Trade
History
Settings



D1
Trade
USDCAD, D1
1.35885
1.35530
1.35175
1.34820
1.34465
1.34110
1.33755
1.33400
1.33045
1.32690
1.32335
1.31980
1.31625
1.31270
1.30915
1.30560
1.30205
20 Jul 2020
11 Aug 2020
2 Sep 2020
24 Sep 2020
Quotes
Chart
Trade
History
Settings

## Supply And Demand

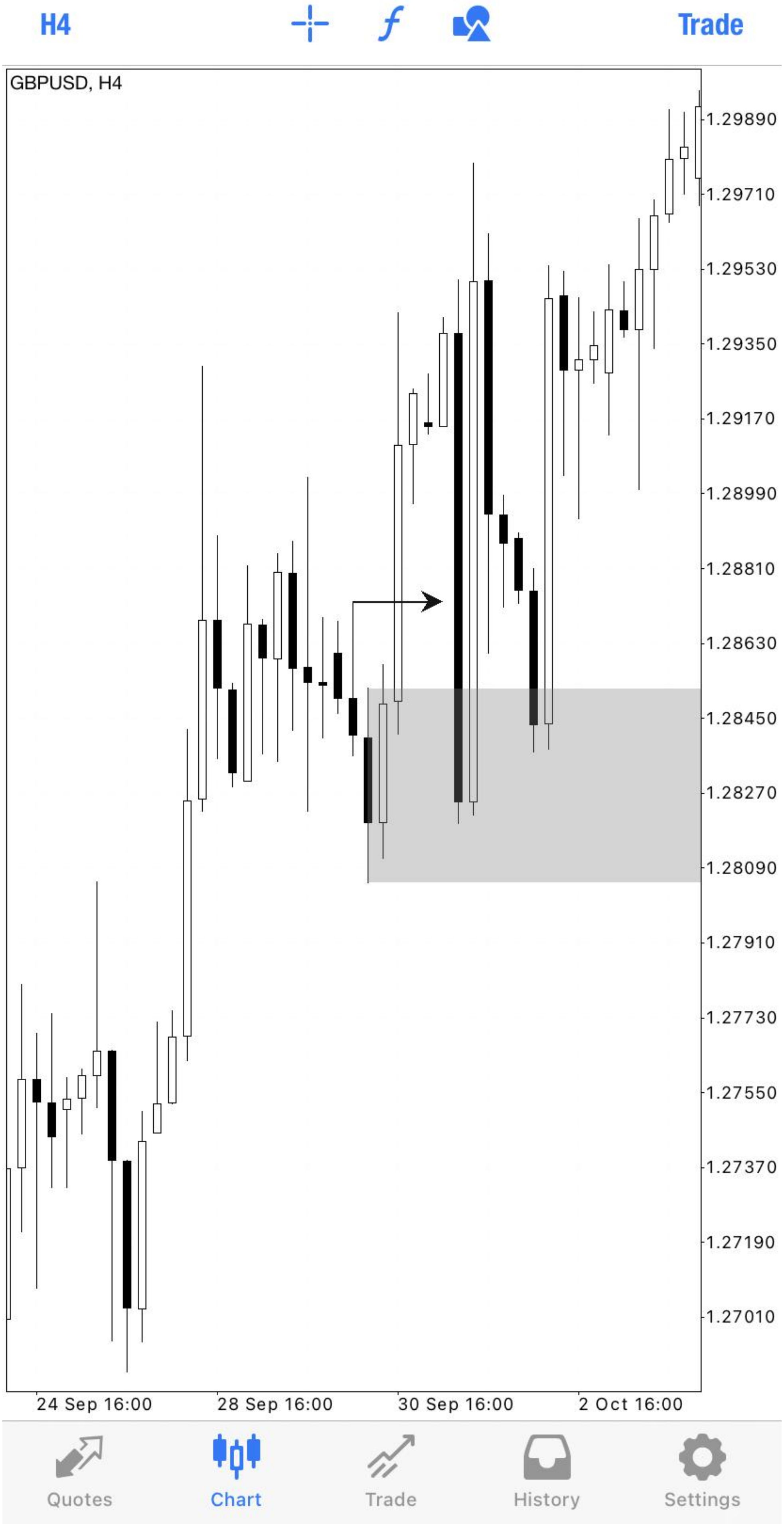

D1
Trade
EURUSD, D1
1.12405
1.12250
1.12095
1.11940
1.11785
1.11630
1.11475
1.11320
1.11165
1.11010
1.10855
1.10700
1.10545
1.10390
1.10235
1.10080
1.09925
28 Nov 2019
16 Dec 2019
3 Jan 2020
21 Jan 2020
Quotes
Chart
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In my opinion the market moves based on supply and demand. Price seeks available liquidity (unfilled orders) that have been left behind when price opens up and moves in any given direction.

When supply exceeds demand the price falls, when demand exceeds supply the price rises; supply = lower prices and demand = higher prices.

Supply and Demand is widely used by a variety of traders whether that’s traders who use popular ‘retail patterns’ or ‘institutional patterns’. I like to add a few different rules when using supply and demand zones as this gives me a higher probability of them holding.

For me a supply zone is always an up-close candle and a demand zone is always a down-close candle. Sometimes there can be multiple candles and not just one, in those cases you can just combine the candles together to make one whole supply/demand zone but again for supply they all have to be up-close candles and vice versa.


H4
Trade
GBPUSD, H4
1.29890
1.29710
1.29530
1.29350
1.29170
1.28990
1.28810
1.28630
1.28450
1.28270
1.28090
1.27910
1.27730
1.27550
1.27370
1.27190
1.27010
24 Sep 16:00
28 Sep 16:00
30 Sep 16:00
2 Oct 16:00
Quotes
Chart
Trade
History
Settings


H1
Trade
USDCAD, H1
1.27910
1.27850
1.27790
1.27730
1.27670
1.27610
1.27550
1.27490
1.27430
1.27370
1.27310
1.27250
1.27190
1.27130
1.27070
1.27010
1.26950
5 Feb 19:00
8 Feb 11:00
9 Feb 03:00
9 Feb 19:00
Quotes
Chart
Trade
History
Settings

I also integrate market structure breaks into my supply and demand zones as you can in the examples above where I have marked across using an arrow. Just like origins, I use the closest swing high/low that has formed before the zone. To validate my zones I want to see price break and close above/below the swing high/low. Once this happens the supply or demand zone is confirmed and I'm now waiting for price to trade back towards it so I can jump on the LTF’s to find an entry but only once we are within the zone or we have seen a reaction off the zone.

You may have also noticed that the move that breaks structure has to be the same type of candle. For example, for a demand zone the move upwards to break and close above the most recent swing high have to all be up-close candles. If there are any down-close candles before the MSB then this invalidates my zone. It is important to remember that this can still be viewed as a demand zone but it’s just not something I use. The reason for this is that this filters out what I call low probability zones from the best zones, definitely picky but this is what works for me.


D1
Trade
USDCHF, D1
0.90420
0.90250
0.90080
0.89910
0.89740
0.89588
0.89400
0.89230
0.89060
0.88890
0.88720
0.88550
0.88380
0.88210
0.88040
0.87870
0.87700
14 Dec 2020
7 Jan 2021
29 Jan 2021
22 Feb 2021
Quotes
Chart
Trade
History
Settings


D1
Trade
XAUUSD, D1
1961.90
1950.10
1938.30
1926.50
1914.70
1902.90
1891.10
1879.30
1867.50
1855.70
1843.90
1832.10
1820.30
1810.93
1808.50
1796.70
1784.90
1773.10
29 Oct 2020
20 Nov 2020
14 Dec 2020
7 Jan 2021
Quotes
Chart
Trade
History
Settings



H4
Trade
AUDUSD, H4
0.79215
0.79127
0.79080
0.78945
0.78810
0.78675
0.78540
0.78405
0.78270
0.78135
0.78000
0.77865
0.77730
0.77595
0.77460
0.77325
0.77190
0.77055
9 Feb 08:00
12 Feb 00:00
16 Feb 16:00
19 Feb 08:00
Quotes
Chart
Trade
History
Settings

Last thing on supply and demand zones is that you will sometimes see multiple reactions off these areas. Although sometimes price can hang around these areas for some time the zone is still valid however as price dips deeper into the zone it becomes weaker. The best reactions are when price wicks into them and turns in the other direction.

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Before I start the lower time frame (LTF) entries I need to make things clear. The entry techniques I use work for me and I believe they will also work for a handful of people who read this PDF however they will not work for everyone, just like intraday trading with smaller stops isn't for everyone. It is your job to back test the concepts I have shown you in this PDF and decide whether or not this style of trading/entering is suitable for you.

I have developed this system based on thousands of hours of chart time so if you think one read of this PDF and no work on the charts will automatically make you profitable, you're in for a very big surprise.

You are going to get stopped out. Just like every other style of trading you will experience losses and some periods you will experience multiple losses one after another. These setups do not have a 100% strike rate, they don't even have an 80% strike rate when used without context.

I won't be sharing all of my LTF entry techniques because I feel like I'd be doing myself a disservice but I will be revealing more than enough for you to use in your own trading if you decide to. I have around 5-6 different LTF entry techniques but in this PDF I will give you step-by-step instructions on how to use 2 of them. The reason I've chosen 2 of them is mainly because these are the easiest on the eye when you're looking for an entry.

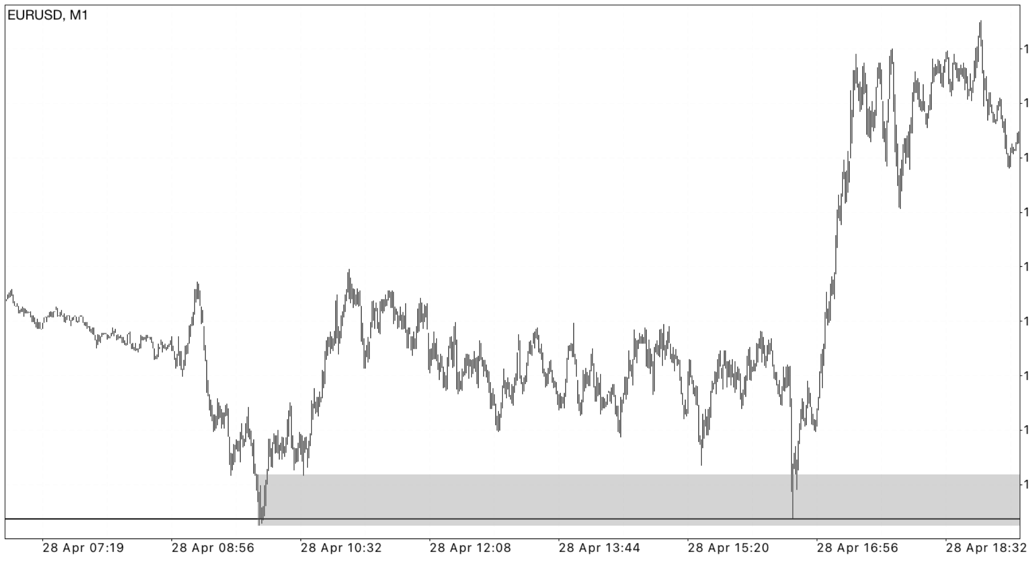
**LTF:**
**ATM (Main Setup)**
My main setup is a very popular setup especially on twitter yet people still struggle to implement it into their trading. Sweep > MSB > M1 Origin RTO. I call it the ATM setup as it literally prints money if you use it correctly in conjunction with HTF context.

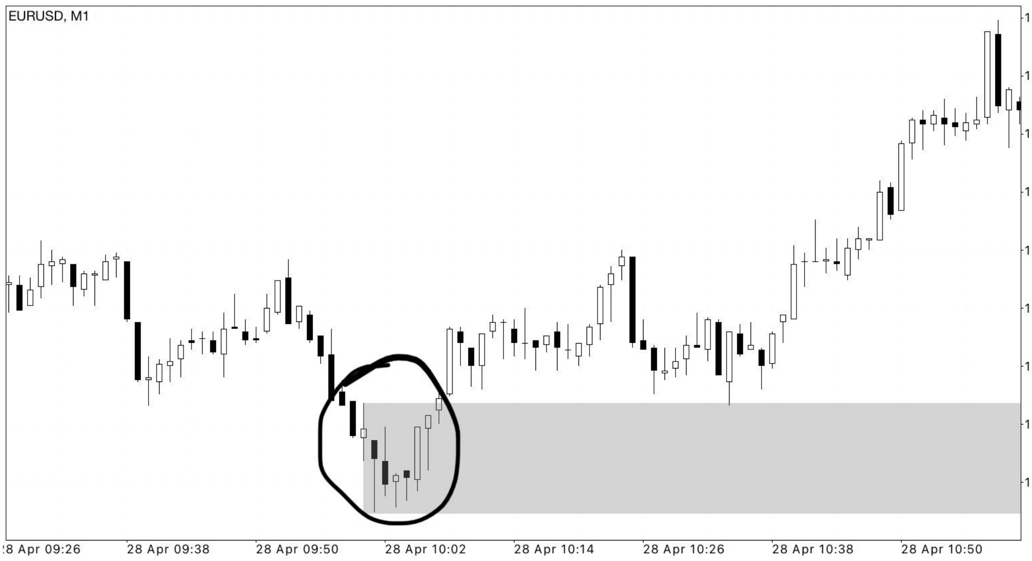
I use M5/M15/H1/H4 sweeps & M1/M5/M15 MSB's then I'll use the M1 Origin for my entry zone. You could use the sweep candle if you want to refine your entry but of course you run the risk of getting swerved if you try to be too tight.

You have to be careful with this setup as it looks good and this is where people get caught up. They think it's a mechanical setup where they can just take it every single time they see it then wonder why they have a 30% strike rate. A 30% strike rate is fine if your R per trade is high but most people can't sustain that style of trading long term.

Example: H4 Sweep > M1 MSB > M1 Origin RTO


20:40
H4
Trade
EURUSD, H4
1.21430
1.21335
1.21240
1.21145
1.21050
1.20955
1.20860
1.20765
1.20670
1.20575
1.20480
1.20385
1.20290
1.20195
1.20100
1.19989
20 Apr 20:00
22 Apr 20:00
26 Apr 20:00
28 Apr 20:00
Quotes
Chart
Trade
History
Settings




Example: H1 Sweep > M1 MSB > M1 Origin RTO



20:35
H1
Trade
GBPUSD, H1
1.39270
1.39190
1.39110
1.39036
1.38950
1.38870
1.38790
1.38710
1.38630
1.38550
1.38470
1.38390
1.38310
1.38230
1.38150
1.38070
30 Apr 22:00
3 May 22:00
4 May 22:00
5 May 22:00
Quotes
Chart
Trade
History
Settings




Example: M5 Sweep M5 MSB

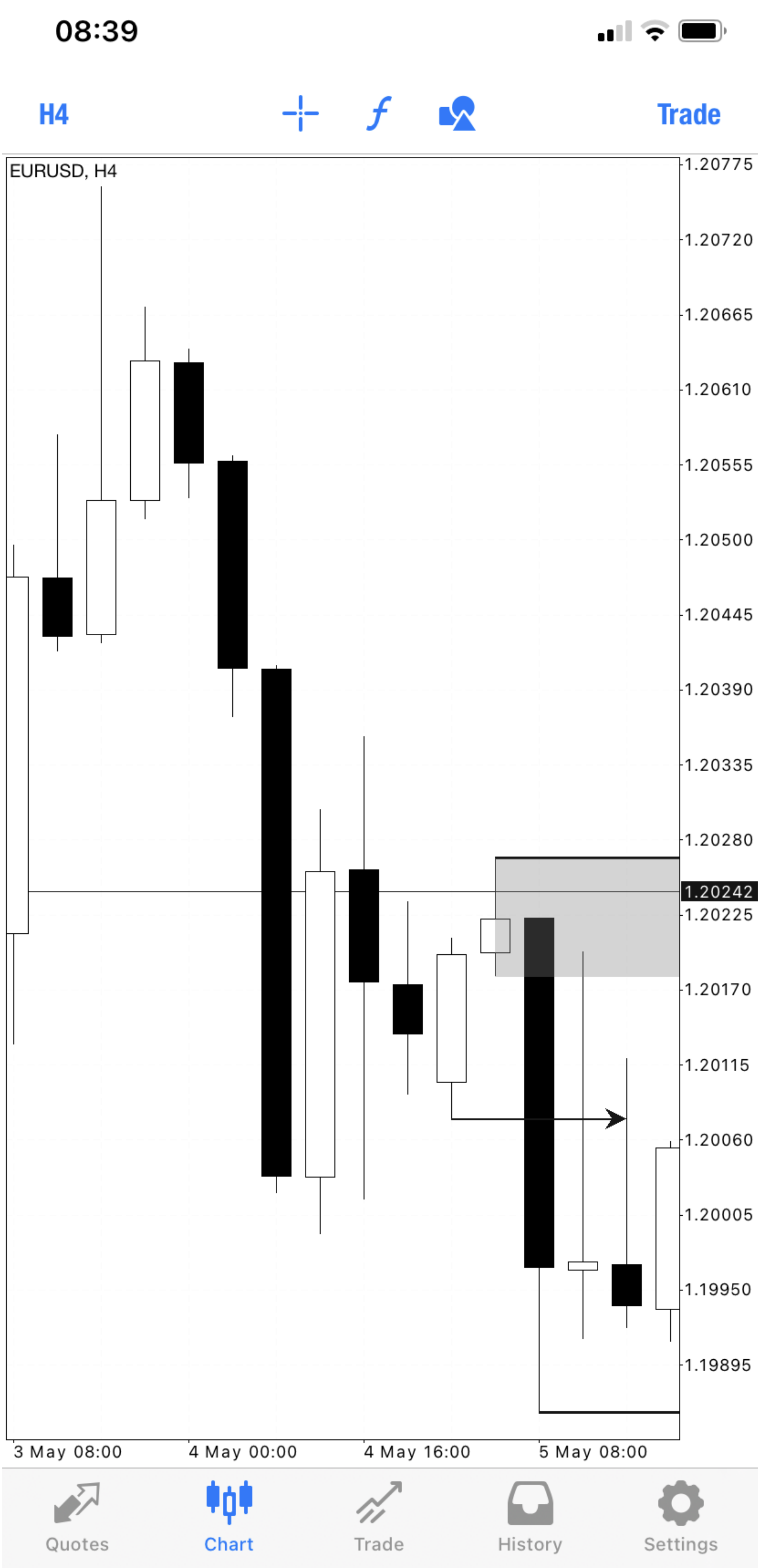


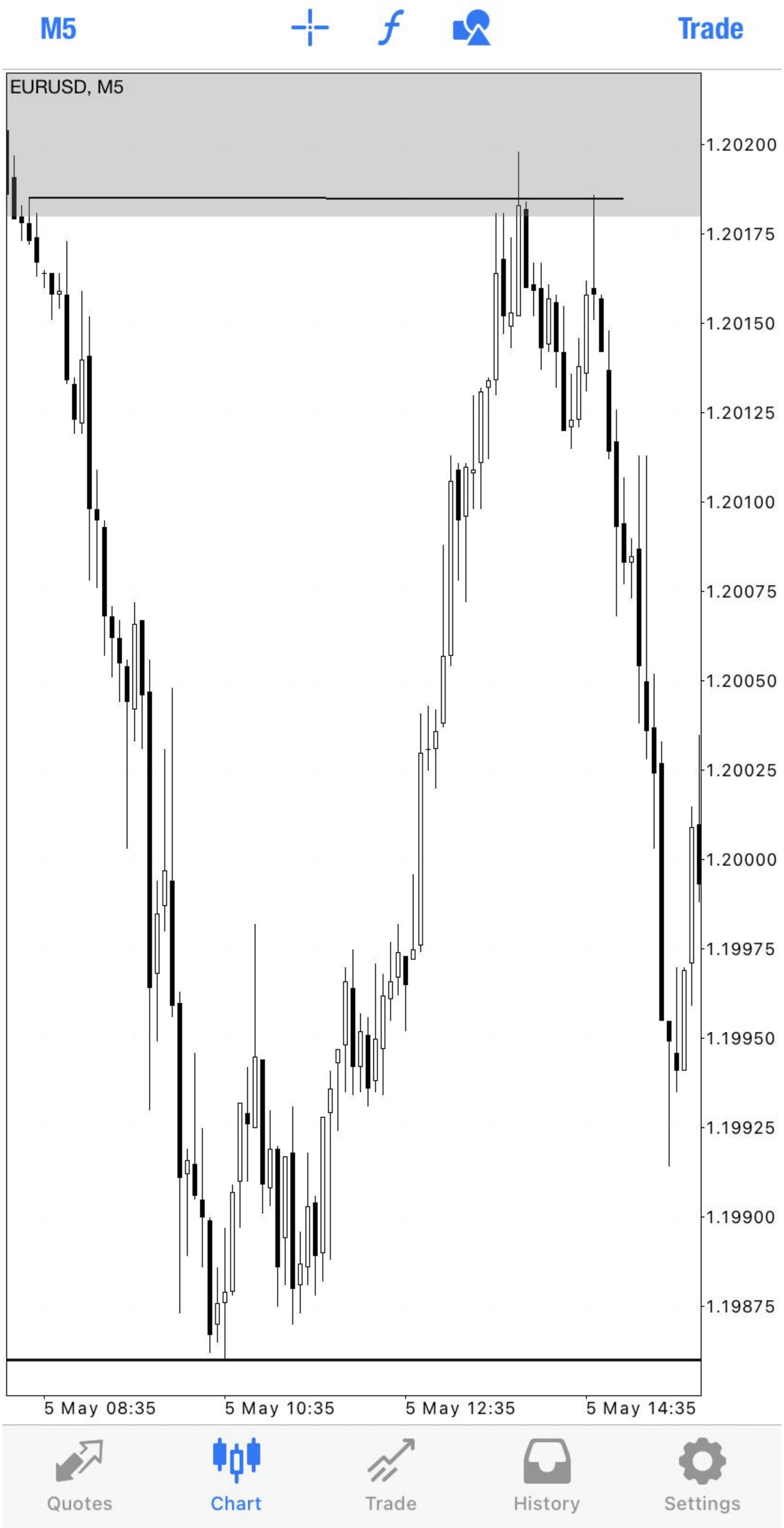
08:11
M1
Trade
GBPUSD, M1
1.39020
1.39005
1.38990
1.38975
1.38960
1.38945
1.38930
1.38915
1.38900
1.38885
1.38870
1.38855
1.38840
1.38825
1.38810
1.38795
1.38780
1.38765
5 May 10:28
5 May 11:00
5 May 11:32
5 May 12:04
Quotes
Chart
Trade
History
Settings


08:11
M5
Trade
GBPUSD, M5
1.39150
1.39125
1.39100
1.39096
1.39075
1.39050
1.39025
1.39000
1.38975
1.38950
1.38925
1.38900
1.38875
1.38850
1.38825
1.38800
1.38775
5 May 07:30
5 May 08:50
5 May 10:10
5 May 11:30
Quotes
Chart
Trade
History
Settings

After a few examples I’m sure you get the picture M5/M15/H1/H4 Sweep > M1/M5 MSB > M1 Origin RTO. If you don’t want to use M1 MSB’s there’s no problem with that you can stick to M5 as they come about more than enough each week.

Another thing that I find improves the strike rate of this setup is using it within/at your key HTF areas/levels. What I mean by this is using this setup within supply & demand zones, within origins, at market structure high/low, premium/discount etc. You’re essentially entering at HTF areas with small LTF entries so even if that level doesn’t hold and shout price 50 pips the other way you can still make money as your SL is small in comparison to the HTF area/level.


08:39
H4
Trade
EURUSD, H4
1.20775
1.20720
1.20665
1.20610
1.20555
1.20500
1.20445
1.20390
1.20335
1.20280
1.20242
1.20225
1.20170
1.20115
1.20060
1.20005
1.19950
1.19895
3 May 08:00
4 May 00:00
4 May 16:00
5 May 08:00
Quotes
Chart
Trade
History
Settings


M5
Trade
EURUSD, M5
1.20200
1.20175
1.20150
1.20125
1.20100
1.20075
1.20050
1.20025
1.20000
1.19975
1.19950
1.19925
1.19900
1.19875
5 May 08:35
5 May 10:35
5 May 12:35
5 May 14:35
Quotes
Chart
Trade
History
Settings



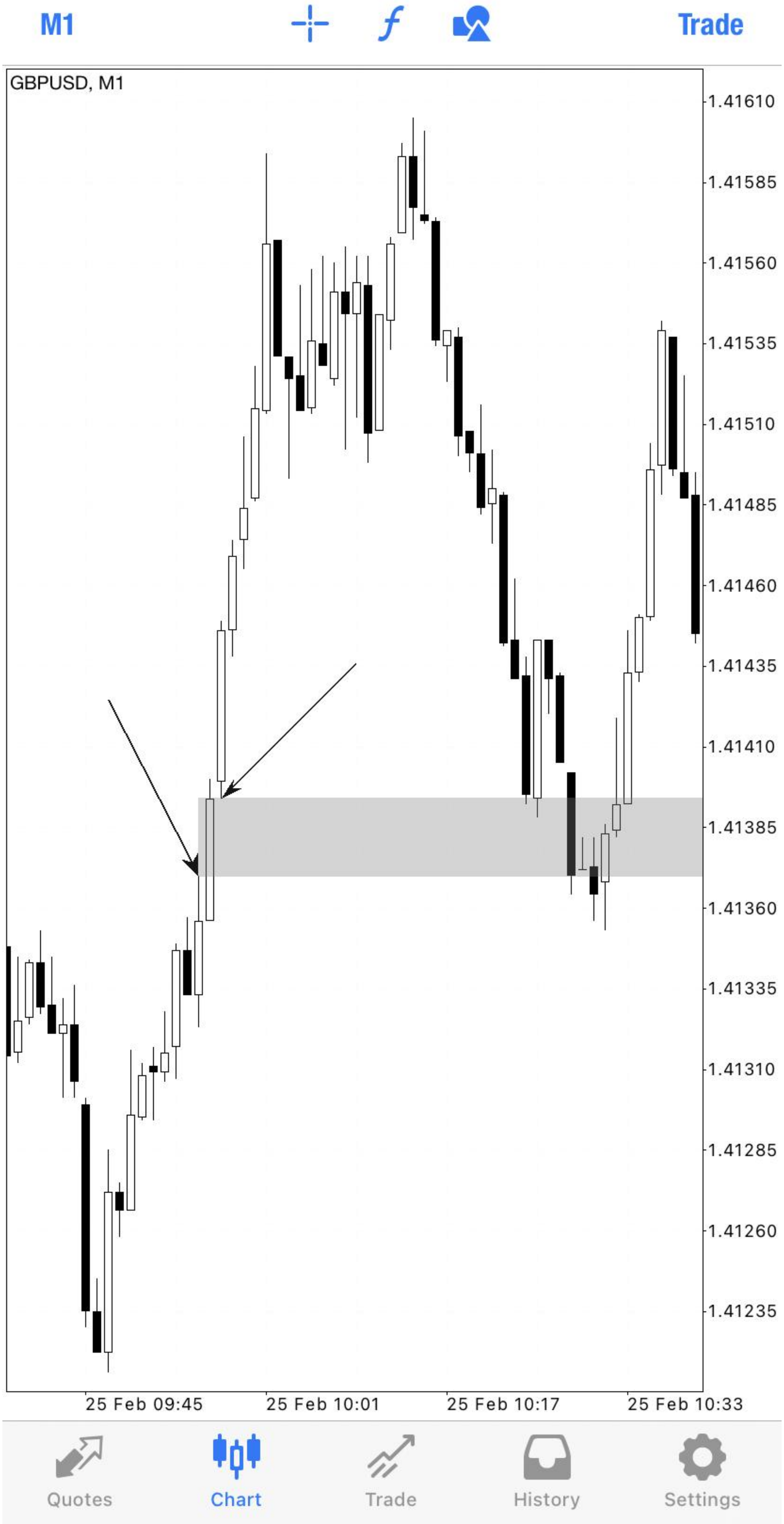

In the example above we have a M5 sweep > M1 MSB & M1 Origin RTO WITHIN a H4 supply zone. This setup wasn't just in the middle of nowhere it was within a HTF area so like I said before you're essentially entering on the LTF with a small but at a HTF area increasing the probability of this trade massively.

The H4 supply zone is around 10 pips if you used this for your entry, the LTF setup is around 4 pips that cuts the SL size by more than 50% which means you don't have to hold the trade as long OR you can hold the trade just as long but this way your R would increase by at least 2x.

I'm going to leave this section here because I don't want to make it more complicated than it has to be as this setup is very simple to grasp and as you journal you'll realise what works for you and what suits your style of trading.

**Fair Value Gaps (Bonus Setup)**
An FVG is simply a thin candle that is the result of a fast move away from a certain area. When price opens up and there is an injection of volatility price moves off from a certain area very quickly leaving behind unfilled orders. Not all the time but often, price likes to return to these areas to pick up the unfilled orders that were 'left behind' (available liquidity) then move off again in the same direction as the first fast, thin move.

I mark these out using the rectangle/box feature on MT4 and I go from the wick of the immediate left candle and the wick of the immediate right candle with the FVG candle in the middle as shown below



M1
Trade
GBPUSD, M1
1.41610
1.41585
1.41560
1.41535
1.41510
1.41485
1.41460
1.41435
1.41410
1.41385
1.41360
1.41335
1.41310
1.41285
1.41260
1.41235
25 Feb 09:45
25 Feb 10:01
25 Feb 10:17
25 Feb 10:33
Quotes
Chart
Trade
History
Settings

(Not an actual LTF Trade example just used to show how I mark FVG's out)

Arrow 1 = immediate left candle
Arrow 2 = immediate right candle
Grey box = FVG candle


H1
Trade
GBPUSD, H1
1.40935
1.40837
1.40765
1.40680
1.40595
1.40510
1.40425
1.40340
1.40255
1.40170
1.40085
1.40000
1.39915
1.39830
1.39745
1.39660
1.39575
19 Feb 10:00
22 Feb 02:00
22 Feb 18:00
23 Feb 10:00
Quotes
Chart
Trade
History
Settings



M1
Trade
GBPUSD, M1
1.40680
1.40650
1.40620
1.40590
1.40560
1.40530
1.40500
1.40470
1.40440
1.40410
1.40380
1.40350
1.40320
1.40290
1.40260
1.40230
1.40200
22 Feb 15:28
22 Feb 16:00
22 Feb 16:32
22 Feb 17:04
Quotes
Chart
Trade
History
Settings

What you will notice when I put up charts showing LTF entries is that they will always be accompanied by HTF chart(s) as well. The reason for this is because a LTF setup is worthless without HTF context in my trading system. It may not include the weekly time frame all the way down to the 1 minute but 95% of the time I will need something from the H1 and above.

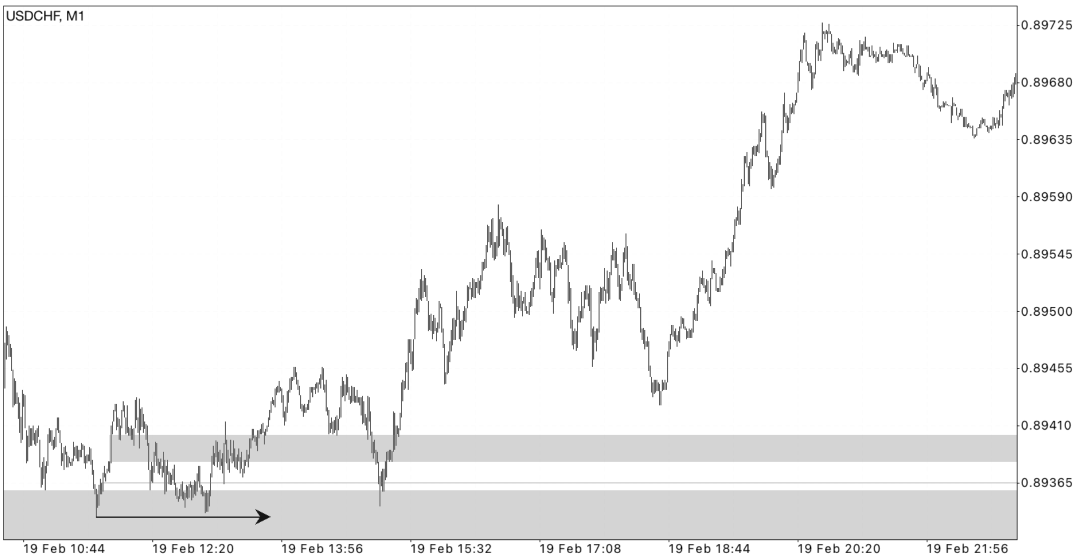
As you can see in the chart above we had a H1 sweep, H1 MSB then H1 RTO. Now look at how big the origin is if you include the last up-candle that led to the sweep as well as the sweep candle. This is way too big for me as an intraday trade, for a swing trade this may be fine.

HTF Confluence > LTF FVG Entry. This refines your stop loss size massively so you can increase your R:R per trade or you can get out of the trade in profit a lot sooner as opposed to using the whole H1 area. Basically a 10ish pip stop loss Vs 35ish pip stop loss.

Once you have the entry you obviously need to place your stop. I try not to over think this part and place it above/below the highest/lowest swing that will have been left behind. The arrow in the chart above shows this clearly. This gives you a balance between giving your trade enough room to breath but still small enough to get a good Risk:Reward


H4
Trade
USDCHF, H4
0.90220
0.90130
0.90040
0.89950
0.89874
0.89770
0.89680
0.89590
0.89500
0.89410
0.89320
0.89230
0.89140
0.89050
0.88960
0.88870
0.88780
1 Feb 08:00
16 Feb 00:00
18 Feb 16:00
23 Feb 08:00
Quotes
Chart
Trade
History
Settings



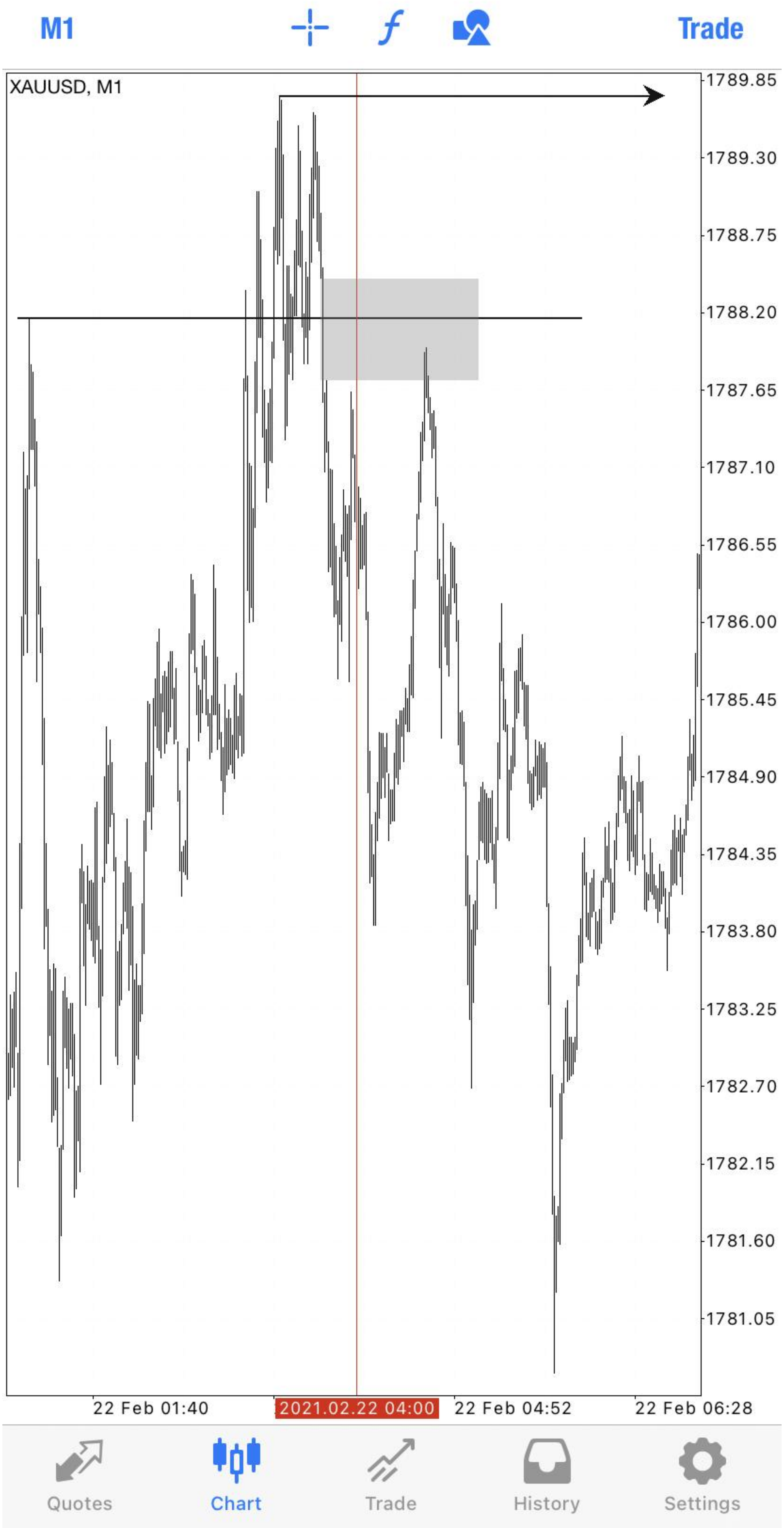




In this example we have a H4 demand zone, H4 MSB and price trades back into this zone during the New York Session. You will also notice I have added two FVG options, a larger one and a very small one below. Whichever one you decide to use is up to you. You don't want to be refining entries so much that you're not getting your orders filled all the time, find a balance.

Admittedly, on this occasion the H4 demand zone isn't too big so you may not even want to refine the entry. However, if you use the FVG technique you can again increase your R:R significantly in comparison.


H1
Trade
XAUUSD, H1
1811.75
1808.75
1805.65
1802.60
1799.55
1796.50
1793.45
1790.40
1787.35
1784.30
1781.25
1778.20
1775.15
1772.10
1769.05
1766.00
1762.95
18 Feb 07:00
18 Feb 23:00
19 Feb 16:00
22 Feb 09:00
Quotes
Chart
Trade
History
Settings

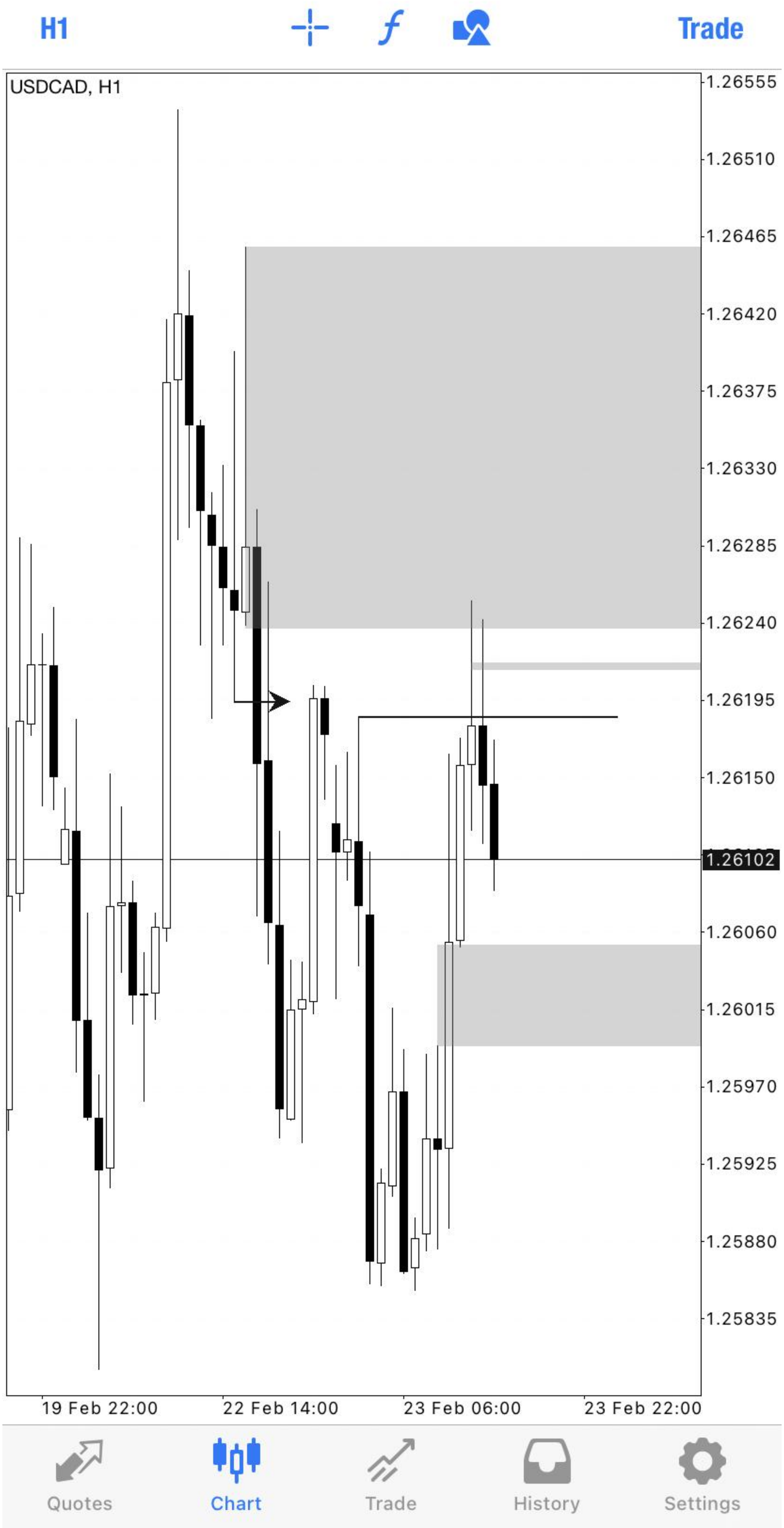

M1
Trade
XAUUSD, M1
1789.70
1789.25
1788.80
1788.35
1787.90
1787.45
1787.00
1786.55
1786.10
1785.65
1785.20
1784.75
1784.30
1783.85
1783.40
1782.95
22 Feb 03:15
2021.02.22 04:00
22 Feb 04:19
22 Feb 04:51
Quotes
Chart
Trade
History
Settings


M1
Trade
XAUUSD, M1
1789.85
1789.30
1788.75
1788.20
1787.65
1787.10
1786.55
1786.00
1785.45
1784.90
1784.35
1783.80
1783.25
1782.70
1782.15
1781.60
1781.05
22 Feb 01:40
2021.02.22 04:00
22 Feb 04:52
22 Feb 06:28
Quotes
Chart
Trade
History
Settings


H4
Trade
USDCAD, H4
1.28685
1.28530
1.28375
1.28220
1.28065
1.27910
1.27755
1.27600
1.27445
1.27290
1.27135
1.26980
1.26825
1.26670
1.26515
1.26360
1.26205
1.26092
2 Feb 16:00
5 Feb 08:00
10 Feb 00:00
12 Feb 16:00
Quotes
Chart
Trade
History
Settings



M5
Trade
USDCAD, M5
1.27650
1.27605
1.27560
1.27515
1.27470
1.27425
1.27380
1.27335
1.27290
1.27245
1.27200
1.27155
1.27110
1.27065
1.27020
1.26975
9 Feb 14:35
9 Feb 16:35
9 Feb 18:35
9 Feb 20:35
Quotes
Chart
Trade
History
Settings


H1
Trade
USDCAD, H1
1.26555
1.26510
1.26465
1.26420
1.26375
1.26330
1.26285
1.26240
1.26195
1.26150
1.26102
1.26060
1.26015
1.25970
1.25925
1.25880
1.25835
19 Feb 22:00
22 Feb 14:00
23 Feb 06:00
23 Feb 22:00
Quotes
Chart
Trade
History
Settings


M1
Trade
USDCAD, M1
1.26250
1.26240
1.26230
1.26220
1.26210
1.26200
1.26190
1.26180
1.26170
1.26160
1.26150
1.26140
1.26130
1.26120
1.26116
1.26110
1.26100
23 Feb 12:35
23 Feb 12:59
23 Feb 13:23
23 Feb 13:47
Quotes
Chart
Trade
History
Settings

Overview:

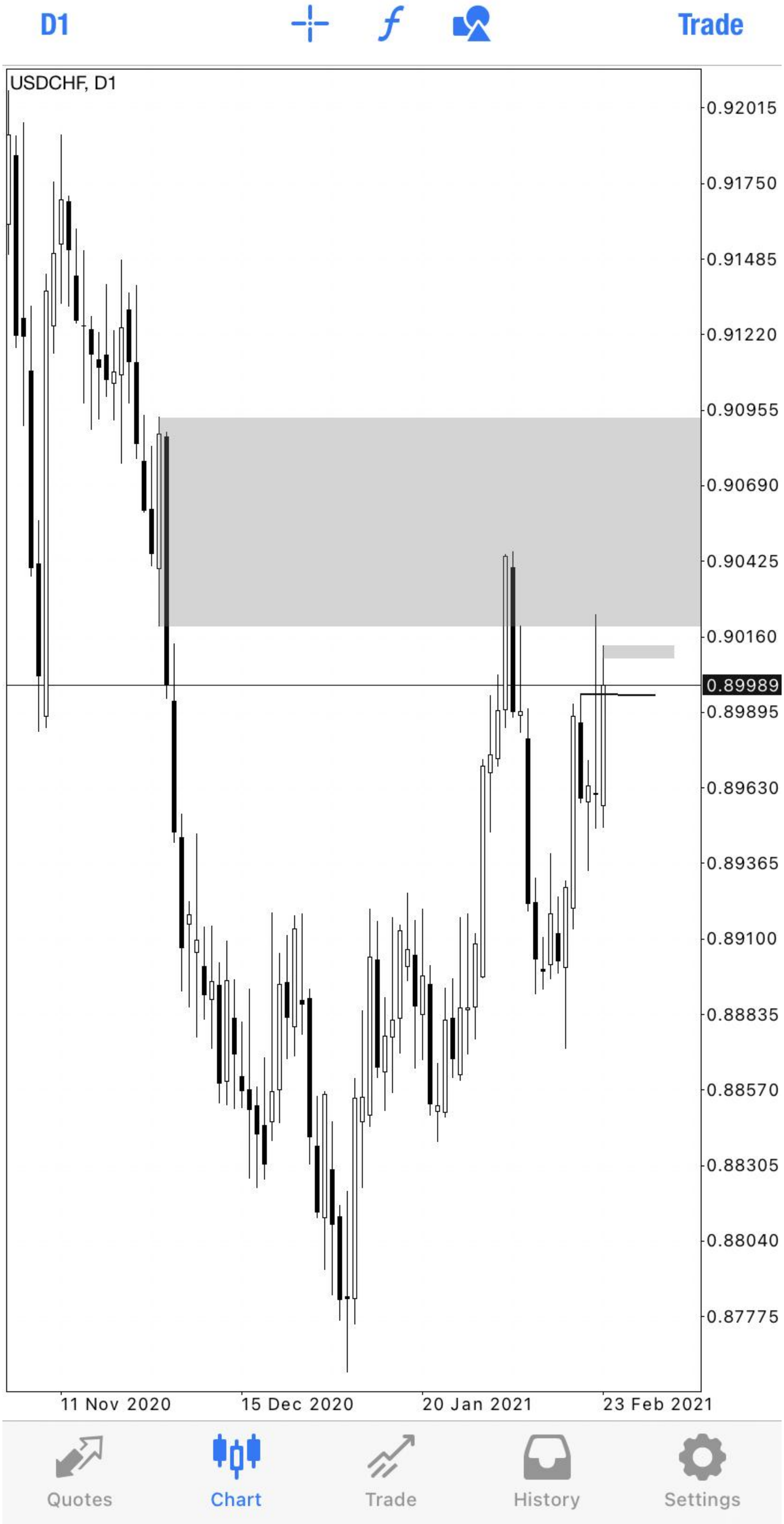
- Works best when entering within/at a HTF area you have marked out.
- The setup is worthless without context. Using this on its own is a recipe for disaster.
- You will sometimes take a loss but the trade idea is still valid. If you have confidence in your analysis, enter again if the setup forms.
- For added confluence I only enter during London (7AM-10AM GMT) and New York (12PM-4PM GMT) session however they do also work during Asia and London close.

**The Base (Bonus Setup 2)**

A base is exactly the same as supply and demand (like I explained in the previous section). The reason I refer to them as a base is to simply differentiate between the HTF concept and the LTF concept.

Supply and Demand = HTF
Base = LTF

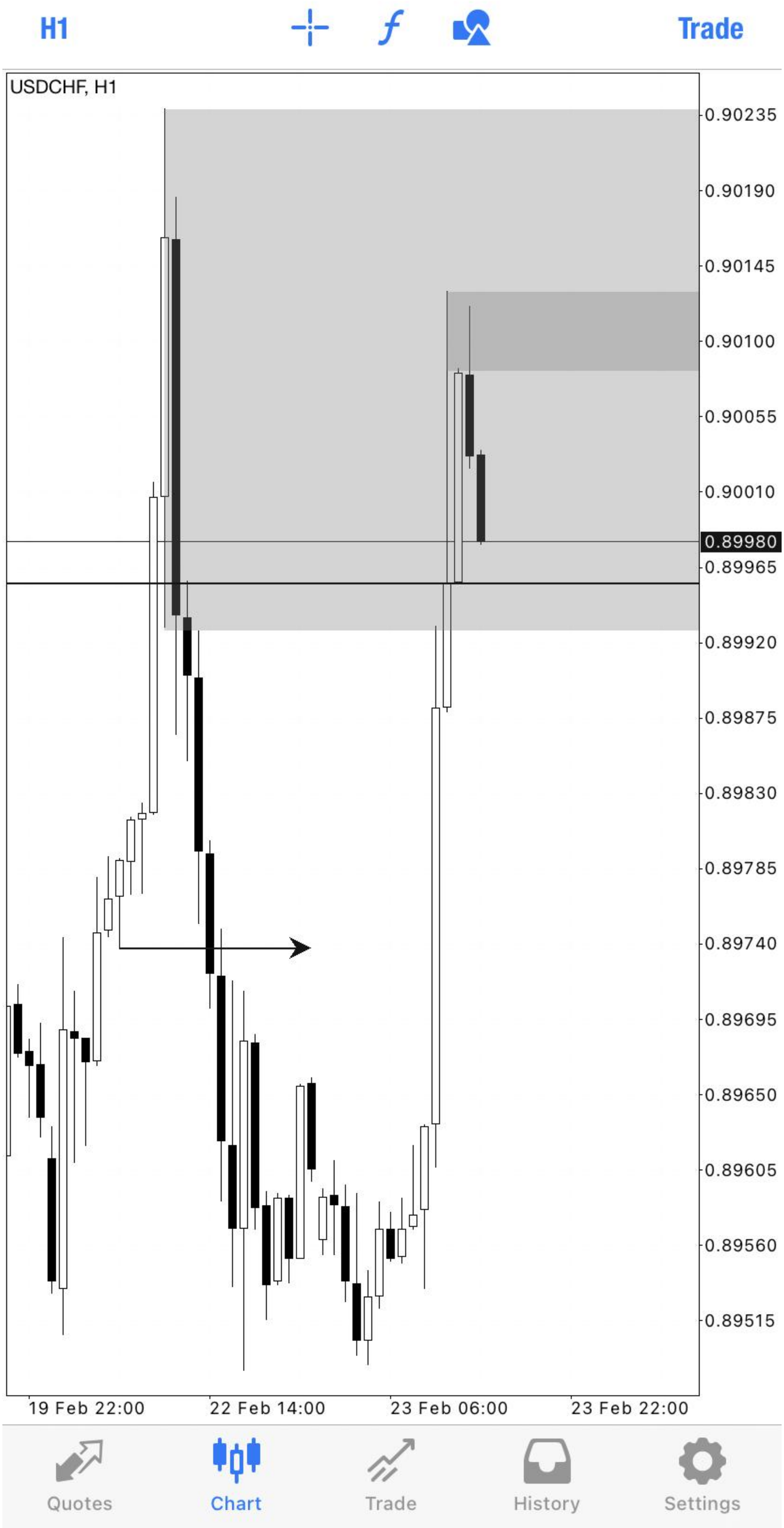
If this throws you off please just refer to them as the same name this is just the way I do it.



D1
Trade
USDCHF, D1
0.92015
0.91750
0.91485
0.91220
0.90955
0.90690
0.90425
0.90160
0.89989
0.89895
0.89630
0.89365
0.89100
0.88835
0.88570
0.88305
0.88040
0.87775
11 Nov 2020
15 Dec 2020
20 Jan 2021
23 Feb 2021
Quotes
Chart
Trade
History
Settings



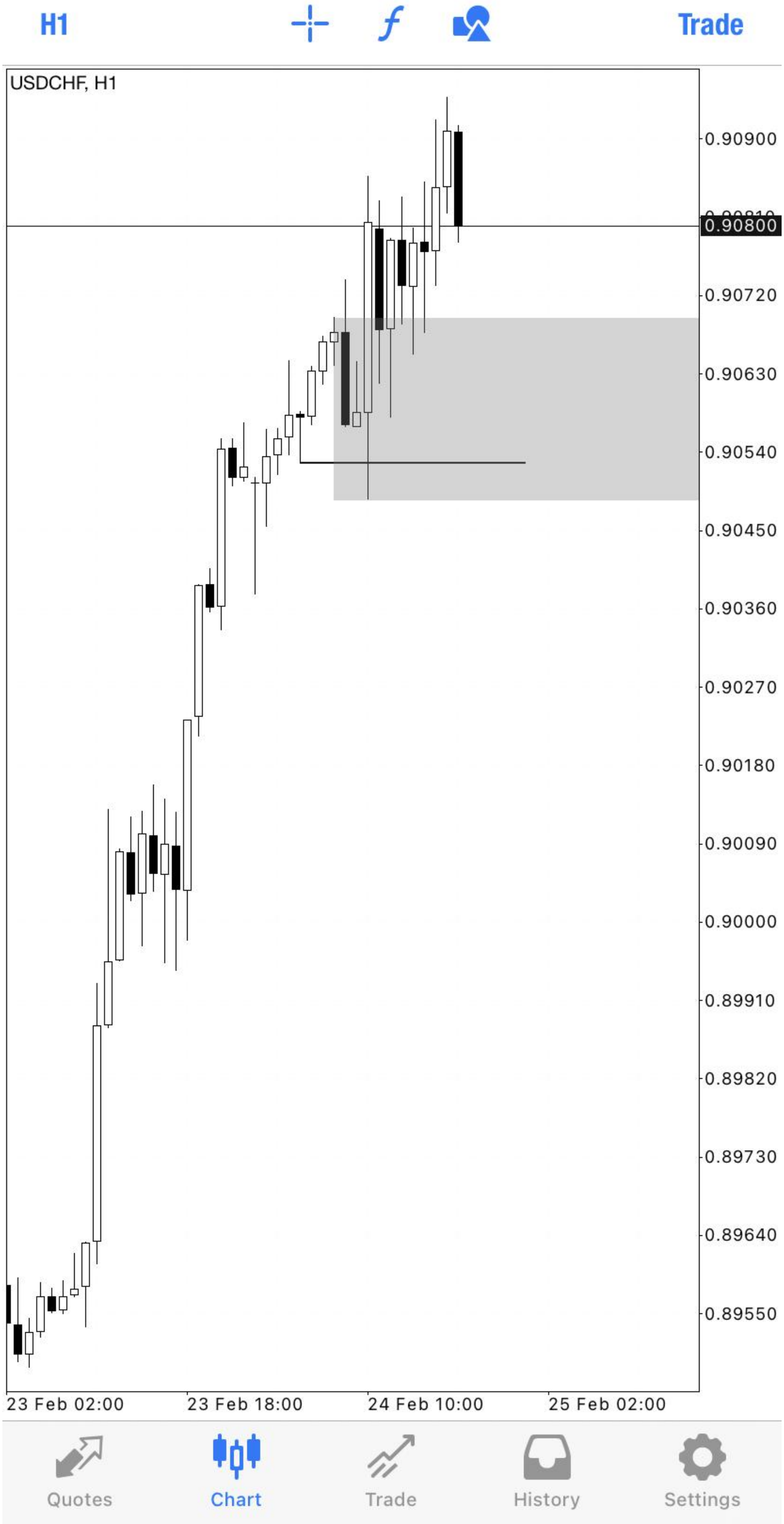
H4
Trade
USDCHF, H4
0.90220
0.90130
0.90040
0.89983
0.89950
0.89860
0.89770
0.89680
0.89590
0.89500
0.89410
0.89320
0.89230
0.89140
0.89050
0.88960
0.88870
0.88780
12 Feb 20:00
17 Feb 12:00
22 Feb 04:00
24 Feb 20:00
Quotes
Chart
Trade
History
Settings


H1
Trade
USDCHF, H1
0.90235
0.90190
0.90145
0.90100
0.90055
0.90010
0.89980
0.89965
0.89920
0.89875
0.89830
0.89785
0.89740
0.89695
0.89650
0.89605
0.89560
0.89515
19 Feb 22:00
22 Feb 14:00
23 Feb 06:00
23 Feb 22:00
Quotes
Chart
Trade
History
Settings


M5
Trade
USDCHF, M5
0.90120
0.90095
0.90070
0.90045
0.90020
0.89996
0.89970
0.89945
0.89920
0.89895
0.89870
0.89845
0.89820
0.89795
0.89770
0.89745
23 Feb 10:50
23 Feb 12:10
23 Feb 13:30
23 Feb 14:50
Quotes
Chart
Trade
History
Settings

Just like the LTF void setup I only use this entry style when price is within one of my pre-determined HTF areas whether that's at premium/discount, after a sweep, within an origin or supply/demand zone.

The reason I like entering at a LTF base is that you not only have extra confirmation with a MSB (to confirm the supply or demand zone) but they're also normally very small areas. This isn't to say you have to aim for 10R trades all the time but higher risk:reward trades are not uncommon.


H1
Trade
USDCHF, H1
0.90900
0.90800
0.90720
0.90630
0.90540
0.90450
0.90360
0.90270
0.90180
0.90090
0.90000
0.89910
0.89820
0.89730
0.89640
0.89550
23 Feb 02:00
23 Feb 18:00
24 Feb 10:00
25 Feb 02:00
Quotes
Chart
Trade
History
Settings



M5
Trade
USDCHF, M5
0.90945
0.90920
0.90895
0.90870
0.90845
0.90820
0.90795
0.90790
0.90770
0.90745
0.90720
0.90695
0.90670
0.90645
0.90620
0.90595
24 Feb 10:50
24 Feb 12:50
24 Feb 14:50
24 Feb 16:50
Quotes
Chart
Trade
History
Settings

The example above shows you two LTF demand zones within a H1 origin which also aligns with bullish H4 market structure. You have two HTF confluences then two LTF entries, that's how simple it can be at times.



H1
Trade
GBPUSD, H1
1.42350
1.42220
1.42090
1.41960
1.41830
1.41700
1.41570
1.41440
1.41310
1.41180
1.41044
1.40920
1.40790
1.40660
1.40530
1.40400
1.40270
22 Feb 18:00
23 Feb 10:00
24 Feb 02:00
24 Feb 18:00
Quotes
Chart
Trade
History
Settings


M1
Trade
GBPUSD, M1
1.41285
1.41260
1.41235
1.41210
1.41185
1.41160
1.41135
1.41110
1.41085
1.41060
1.41035
1.41010
1.40985
1.40961
1.40935
24 Feb 15:50
24 Feb 16:14
24 Feb 16:38
24 Feb 17:02
Quotes
Chart
Trade
History
Settings



M1
Trade
GBPUSD, M1
1.41620
1.41575
1.41530
1.41485
1.41440
1.41395
1.41350
1.41305
1.41260
1.41215
1.41170
1.41125
1.41080
1.41035
1.40990
1.40958
1.40945
24 Feb 12:27
24 Feb 14:03
24 Feb 15:39
24 Feb 17:15
Quotes
Chart
Trade
History
Settings

The example above is an interesting one. This trade is a great example of how little you require for intraday trades. I like to be 'in & out' of trades as opposed to holding for days to weeks, the reason for this is there is less chance of something going wrong. Another reason is that I don't like watching winning trades reverse on me and take me out at entry or even worse, a loss.

You can see price only showed a slight reaction from the H1 demand zone but still had an around a 4-5R trade when you entered using a LTF M1 demand zone. So a H1 demand zone that didn't really work in terms of sending price in the opposite direction still provided a 4-5R winner. 4-5% gain whilst being 'wrong' in a way.


H4
Trade
XAUUSD, H4
1825.15
1821.30
1817.45
1813.60
1809.75
1805.90
1802.05
1798.20
1794.35
1790.50
1786.65
1782.80
1778.95
1775.10
1771.25
1767.40
1763.55
15 Feb 17:00
17 Feb 21:00
19 Feb 21:00
23 Feb 21:00
Quotes
Chart
Trade
History
Settings


M5
Trade
XAUUSD, M5
1810.40
1808.80
1807.20
1805.60
1804.00
1802.40
1800.80
1799.20
1797.60
1796.00
1794.40
1792.80
1791.20
1789.60
1788.00
1786.40
1784.80
24 Feb 14:35
24 Feb 15:55
24 Feb 17:15
24 Feb 18:35
Quotes
Chart
Trade
History
Settings

Overview:

- Works best when entering within/at a HTF area you have marked out.
- The setup is worthless without context. Using this on its own is a recipe for disaster.
- You will sometimes take a loss but the trade idea is still valid. If you have confidence in your analysis, enter again if the setup forms.
- For added confluence I only enter during London (7AM-10AM GMT) and New York (12PM-4PM GMT) session however they do also work during Asia and London close.

If you've been paying attention you'd have realised the overview for this LTF setup was the same as the last LTF setup. The rules apply to both concepts.

If I don't see my setup on the M5 I'll drop down to the M1 sometimes you'll see your setup on one timeframe and not on the other. As strange as this may sound to some of the newer traders this is normal, just use the time frame that has a valid setup there for you.

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**Extra Content:**

**Trade Breakdowns**

These breakdowns will be kept as simple and concise as possible. I could add 100 annotations and add text on the charts outlining every last detail there is to come across as more intelligent than I actually am but the truth is my trading is simple and that's how I manage to keep things consistent because I know exactly what I'm looking for.

Breakdown 1

H4: Bullish market structure & bullish flow (you can see this without anything on the charts)




H1: Price has dipped into discount & into a H1 demand zone continuing to push up




M15: Price breaks & closes above swing highs on the way up again signalling strength & no real sign of slowing down. Any shorts here would essentially mean you’re trying to predict a reversal which we never want to do in my opinion.




M5: M5 sweep > M5 MSB > M1 Origin RTO & if you missed the first you even got a chance to get in on the next setup which presented itself. Both of these setups are within the London session which again is another confluence you can add.




M1: Origin entry. Using the last up candle that led to the move down, stop below the swing low (grey box) set your limit & target… then wait for the market to do its thing.




Breakdown 2
Daily: Bottom side sweep of a swing low. This indicates price is ready turn around at this area so when the candle closes (10PM UK Time) we have a good idea of which direction we want to trade in the next day (longs)



D1
Trade
EURUSD, D1
1.21475
1.21210
1.20945
1.20680
1.20480
1.20415
1.20150
1.19885
1.19620
1.19355
1.19090
1.18825
1.18560
1.18295
1.18030
1.17765
1.17500
1.17235
25 Mar 2021
12 Apr 2021
28 Apr 2021
12 May 2021
Quotes
Chart
Trade
History
Settings

H4: Bullish market structure break. Price has broken above and CLOSED above the market structure high (highest black line). This is a clear sign of strength which lets you know that structure has now shifted from bearish to bullish. What makes this trade better is we also

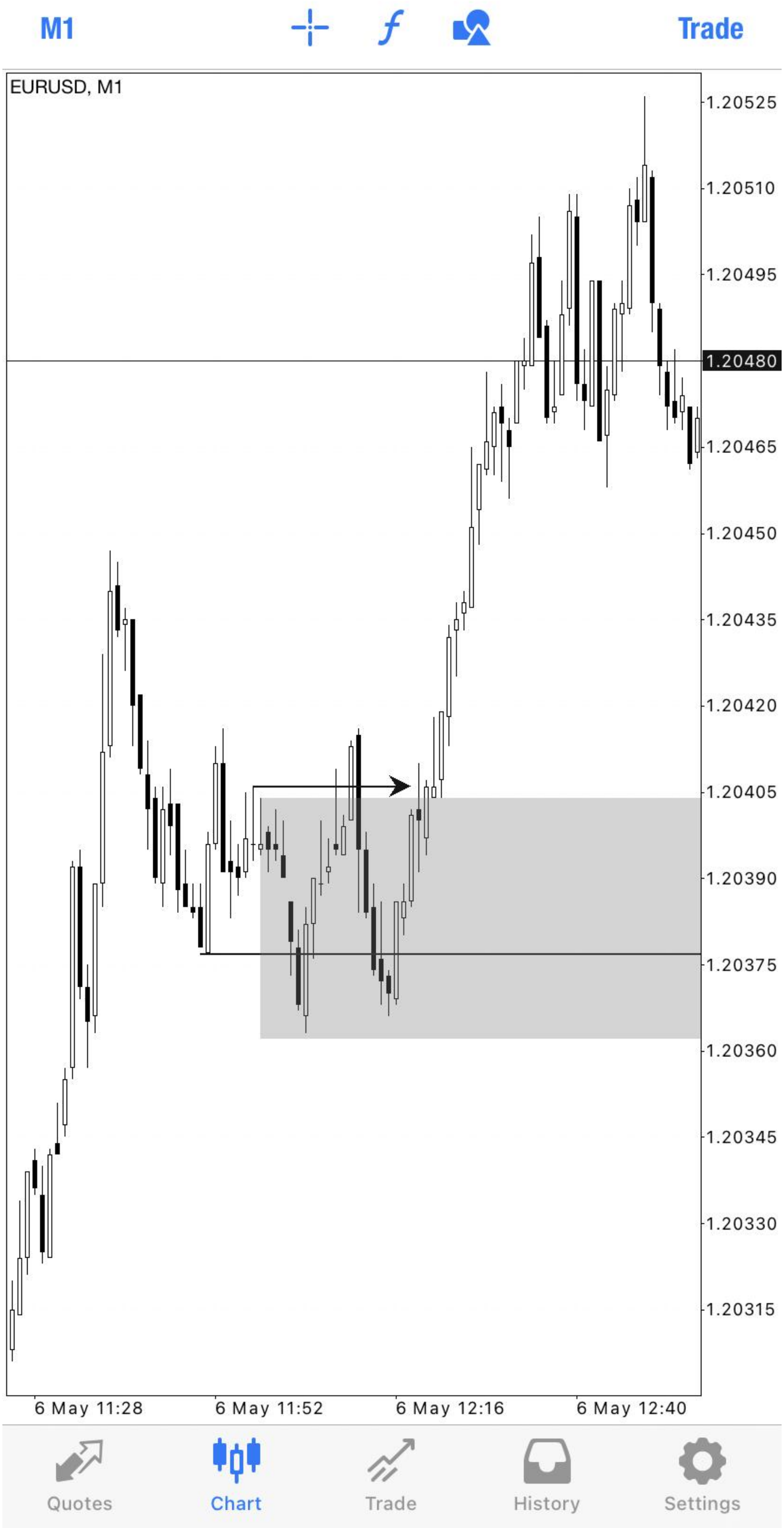
have a H4 supply zone above so we are trading TOWARDS this level.


H4
Trade
EURUSD, H4
1.21430
1.21330
1.21230
1.21130
1.21030
1.20930
1.20830
1.20730
1.20630
1.20530
1.20479
1.20430
1.20330
1.20230
1.20130
1.20030
1.19930
27 Apr 20:00
30 Apr 12:00
5 May 04:00
7 May 20:00
Quotes
Chart
Trade
History
Settings

M5: Sweep of a swing low trading towards the H4 supply zone above (as mentioned just then)

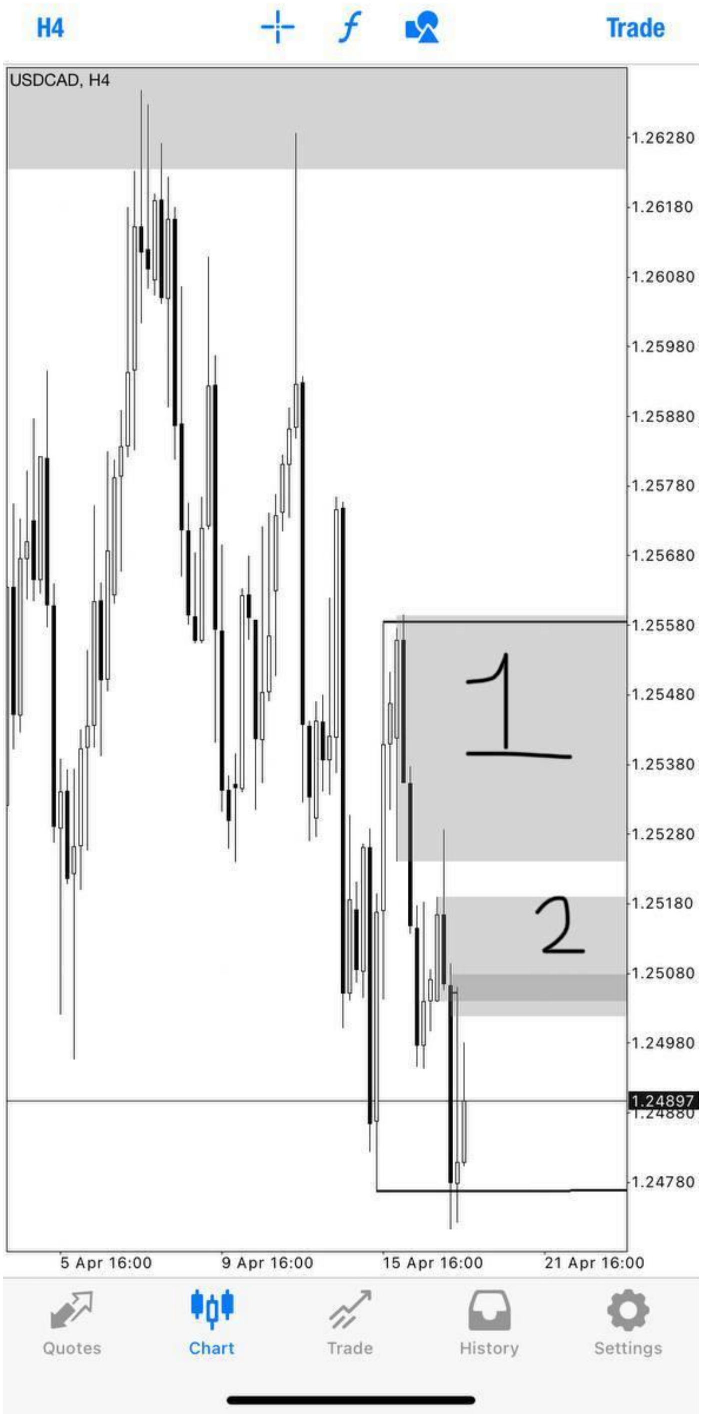

12:52
M5
Trade
EURUSD, M5
1.20520
1.20490
1.20480
1.20460
1.20430
1.20400
1.20370
1.20340
1.20310
1.20280
1.20250
1.20220
1.20190
1.20160
1.20130
1.20100
1.20070
6 May 08:50
6 May 10:10
6 May 11:30
6 May 12:50
Quotes
Chart
Trade
History
Settings

M1: M1 MSB & M1 Origin entry. Setting a buy limit and target at 3R… then wait


M1
Trade
EURUSD, M1
1.20525
1.20510
1.20495
1.20480
1.20465
1.20450
1.20435
1.20420
1.20405
1.20390
1.20375
1.20360
1.20345
1.20330
1.20315
6 May 11:28
6 May 11:52
6 May 12:16
6 May 12:40
Quotes
Chart
Trade
History
Settings

Breakdown 3

H4: Price is clearly bearish as we are making lower lows and lower highs. This alone could confirm your bias for the day however we will go into more detail. Price has reacted nicely off a H4 origin (marked 1) and dropped heavily. We have then created a new H4 supply zone (marked 2) which our entry is within. Downside structure breaks just confirm price wants lower, no reason think otherwise.



H1: Price stops at market structure low before coming up to our entry.

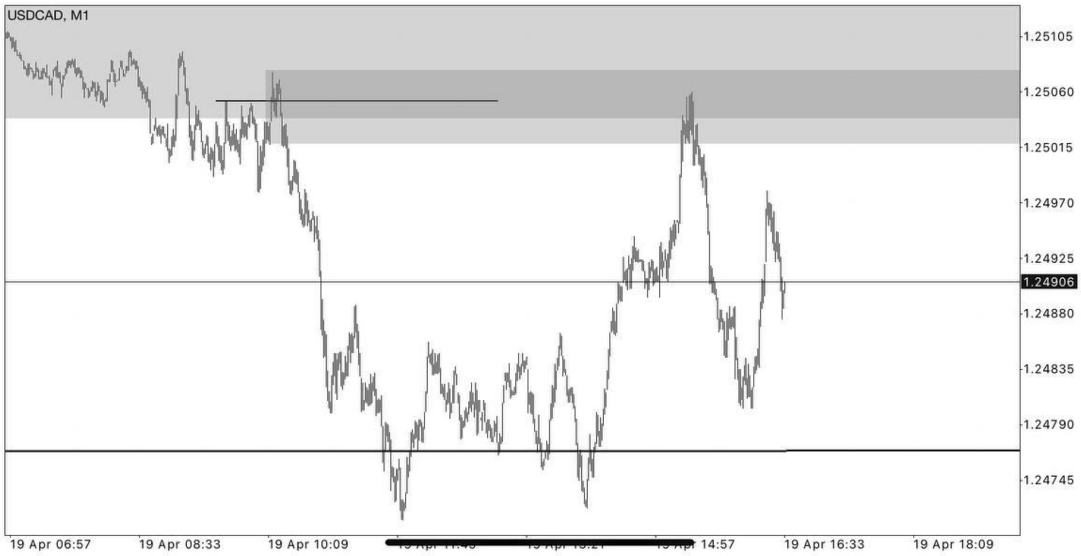


M15: M15 Sweep > M15 MSB. Our setup for shorts is confirmed all we have to do now is set our limit and wait for price to fill our order.



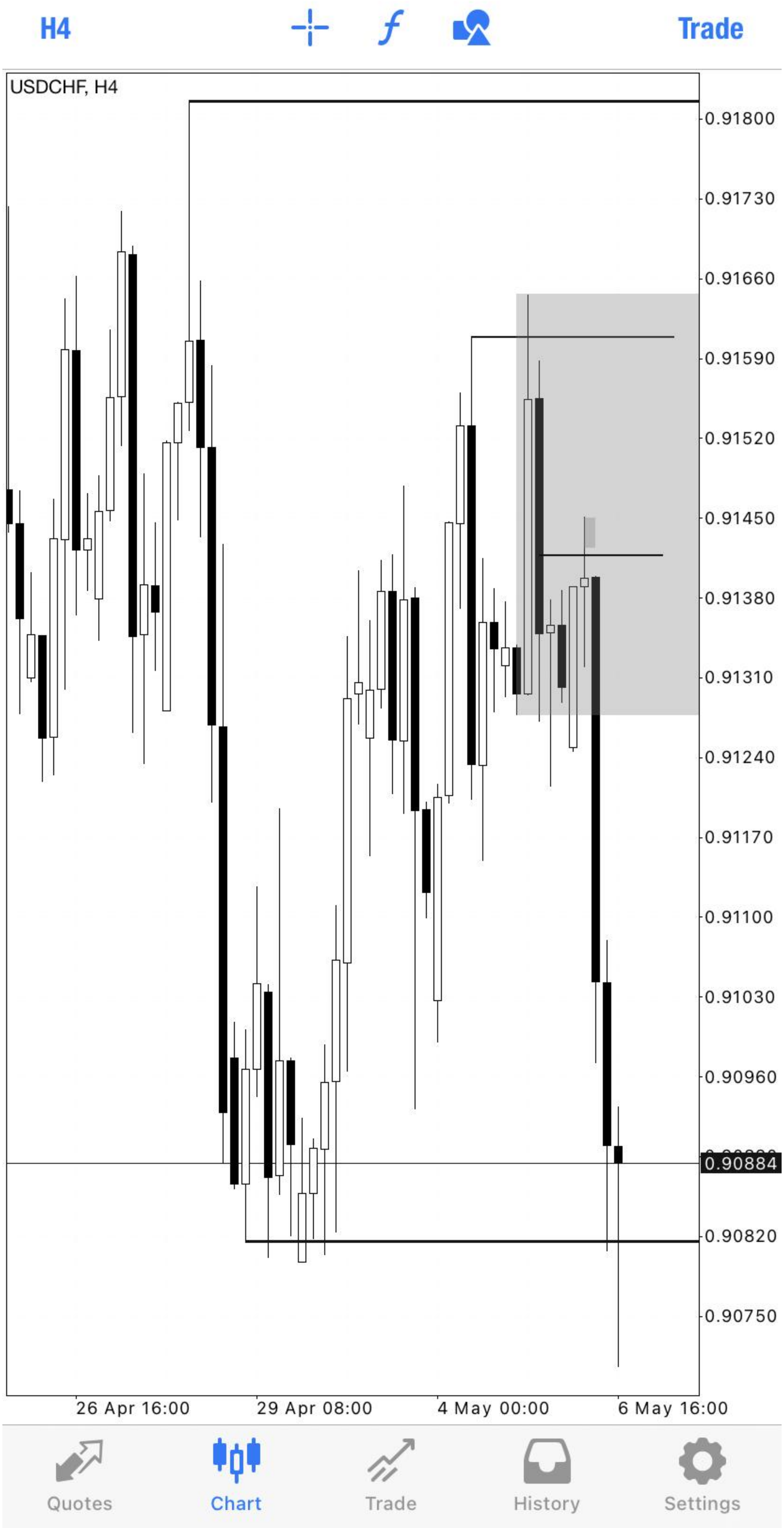

M1: Same entry style as every other trade. M1 origin so on this occasion it will be the last M1 down candle that leads to the sweep, stop above the smaller grey box and you are good to go.

:



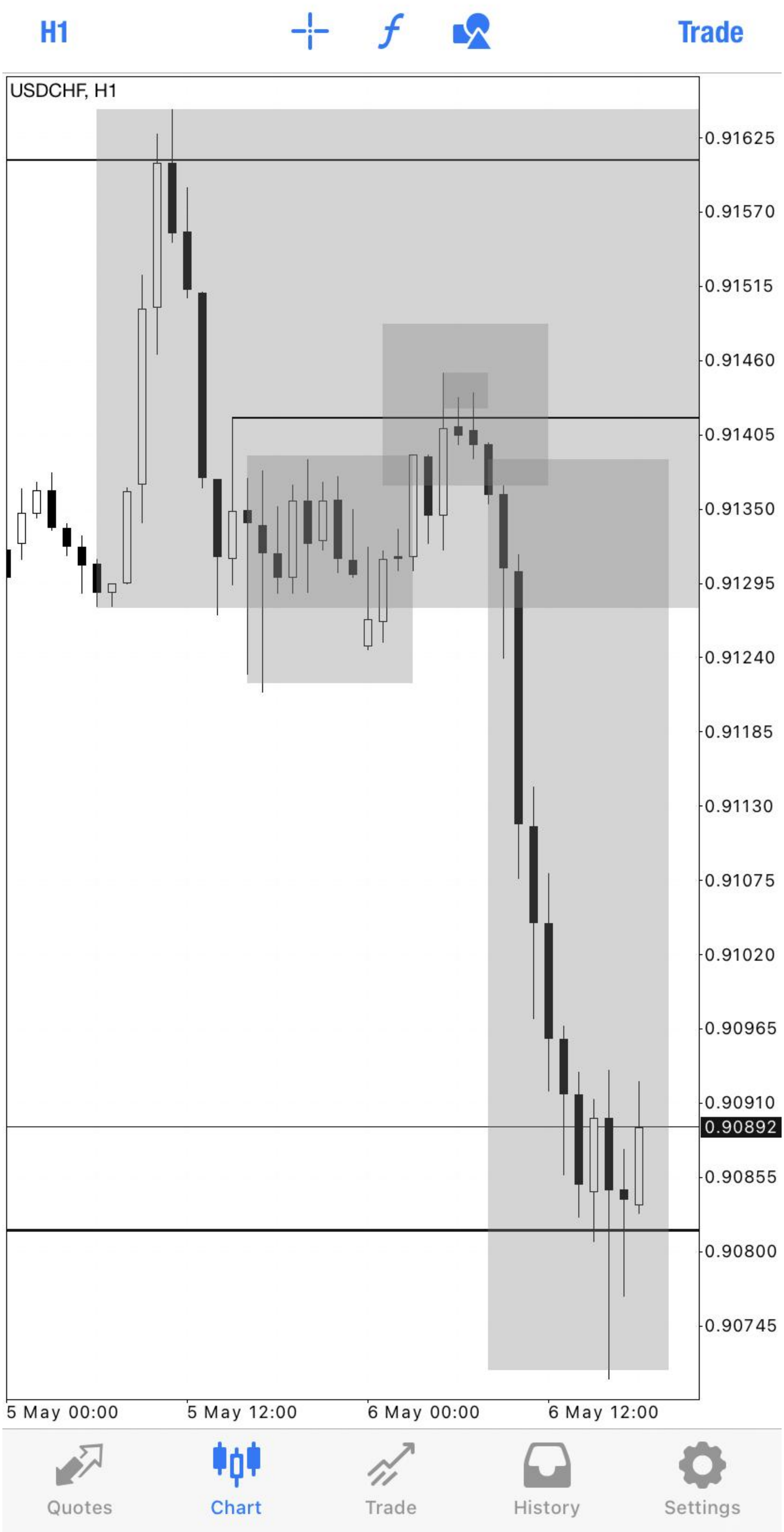

Breakdown 4

H4: Bearish market structure & price is at premium (top 25% of the range). We get a H4 sweep into premium which is also the previous days high (more orders resting above this high as traders think they’re ‘safe’)


H4
Trade
USDCHF, H4
0.91800
0.91730
0.91660
0.91590
0.91520
0.91450
0.91380
0.91310
0.91240
0.91170
0.91100
0.91030
0.90960
0.90884
0.90820
0.90750
26 Apr 16:00
29 Apr 08:00
4 May 00:00
6 May 16:00
Quotes
Chart
Trade
History
Settings

H1: Sweep of previous days high which was also an ‘AMD’. This stands for accumulation, manipulation & distribution. This is a price pattern where we have a period of consolidation where price moves up & down in a small range and doesn’t go in any particular direction. Then we get the manipulation which is what the sweep is, this is the indicator for which price wants to go (in this case shorts). Then the distribution is the part we want to be in the trade.


H1
Trade
USDCHF, H1
0.91625
0.91570
0.91515
0.91460
0.91405
0.91350
0.91295
0.91240
0.91185
0.91130
0.91075
0.91020
0.90965
0.90910
0.90890
0.90855
0.90800
0.90745
4 May 10:00
5 May 02:00
5 May 18:00
6 May 10:00
Quotes
Chart
Trade
History
Settings


H1
Trade
USDCHF, H1
0.91625
0.91570
0.91515
0.91460
0.91405
0.91350
0.91295
0.91240
0.91185
0.91130
0.91075
0.91020
0.90965
0.90910
0.90892
0.90855
0.90800
0.90745
5 May 00:00
5 May 12:00
6 May 00:00
6 May 12:00
Quotes
Chart
Trade
History
Settings

M15: Bearish MSB which is only slightly however a structure break is a structure break no matter big or small, this again indicates lower prices. Do you see how things add up and you create a picture for a trade?




M1: M1 MSB > M1 Origin RTO. This entry is slightly different as you can see I didn't use the last down candle for this entry as this would be a huge SL. I use the market structure level with stops above the high (grey box). When things like this happen you can enter wherever you feel comfortable but don't try to be too clever and have a SL that is way too small.

**Avoiding Losses (Unnecessary Ones)**

Starting off strong, in my opinion this is definitely one of the most important aspects of every successful traders plan. The strange part is this section isn't even mentioned in the vast majority of traders trading plans which blows my mind because avoiding unnecessary losses can transform your trading results without actually having to risk anything. Basically instead of staring at the charts on the M1 timeframe praying for your price to go your way you've closed the charts because price isn't setting up the way you want it to (which is fine).

Nobody likes losses. As traders we learn to accept them and realise they're all part of the game but we never really 'like' them especially not in comparison to winners. Therefore, my aim is always to try and avoid unnecessary losses and keep the required losses to a minimum.

1) Predicting Reversals.

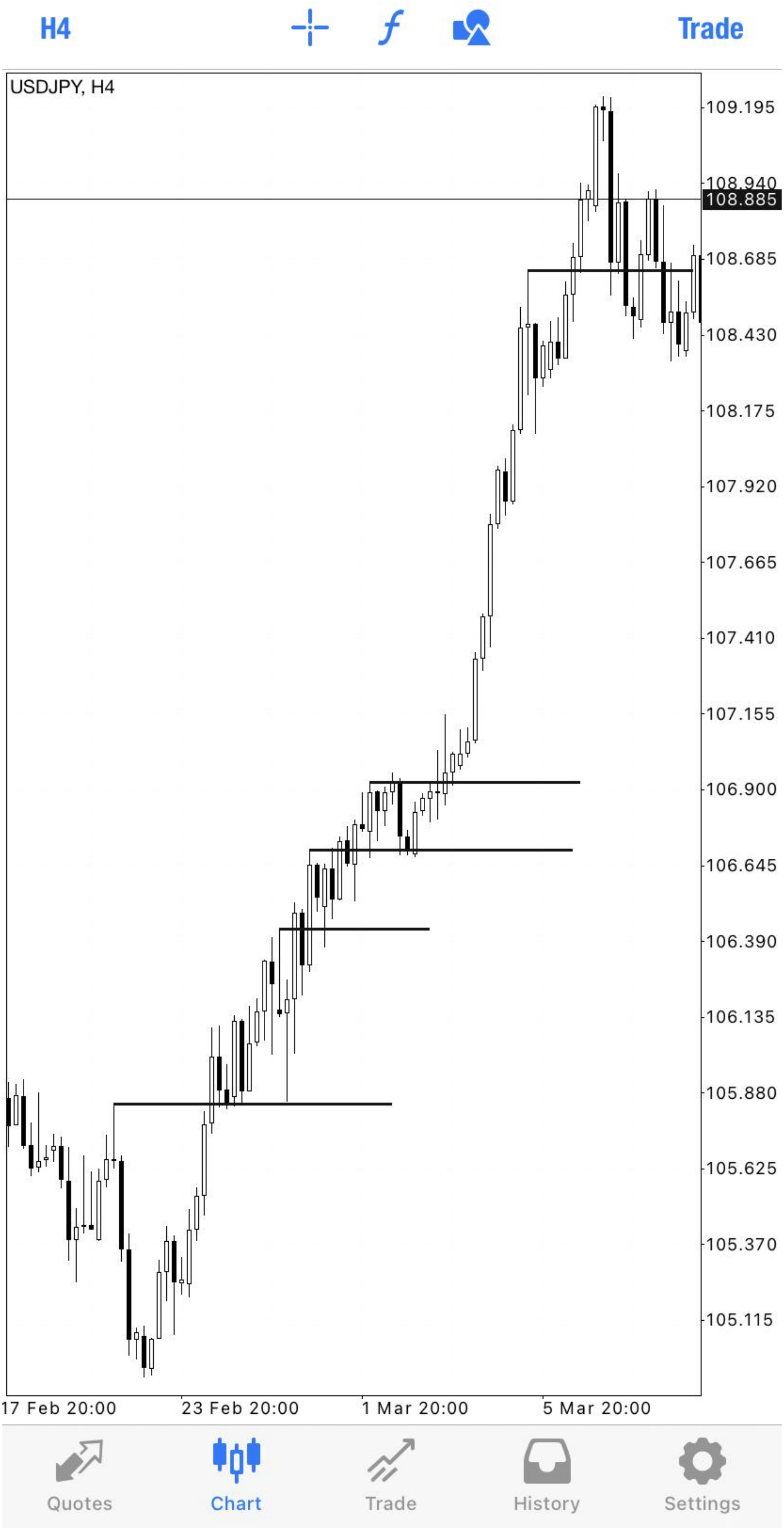
Probably the most common theme amongst traders, predicting reversals instead of trading what you see in front of you. As the old saying goes trade what you see not what you think. Stop trying to predict what the market is going to do next!

We’ve all had those thoughts going through our mind when price is making new highs every day “surely we can’t go higher” “I think we see a pullback now” “right now is the time we turn around” all that predicting and you’ve just missed out on countless winning trades because you’re trying to predict, instead of reacting to what is screaming at you.



H4
Trade
USDJPY, H4
109.195
108.940
108.885
108.685
108.430
108.175
107.920
107.665
107.410
107.155
106.900
106.645
106.390
106.135
105.880
105.625
105.370
105.115
19 Feb 20:00
25 Feb 20:00
3 Mar 20:00
9 Mar 20:00
Quotes
Chart
Trade
History
Settings

In the example above you can clearly see by definition. we're in an uptrend, it doesn't take any skill to realise this. Someone who has never placed a trade in their life can tell you this is bullish so instead of trying to predict the unknown trade what you see infront if you. It takes no effort at all to form a bias when price is clear in direction you don't even have to analyse your charts as it's so obvious.


H4
Trade
USDJPY, H4
109.195
108.940
108.885
108.685
108.430
108.175
107.920
107.665
107.410
107.155
106.900
106.645
106.390
106.135
105.880
105.625
105.370
105.115
17 Feb 20:00
23 Feb 20:00
1 Mar 20:00
5 Mar 20:00
Quotes
Chart
Trade
History
Settings

When price is breaking structure after structure this is a clear sign of strength and any shorts are higher risk than normal. As I trade intraday, short trades can still be taken at the right time but counter trend trades should be kept at a minimum. What I mean by this is not aiming for huge 10R trades, on the contrary you should be aiming for 2-3R maximum.

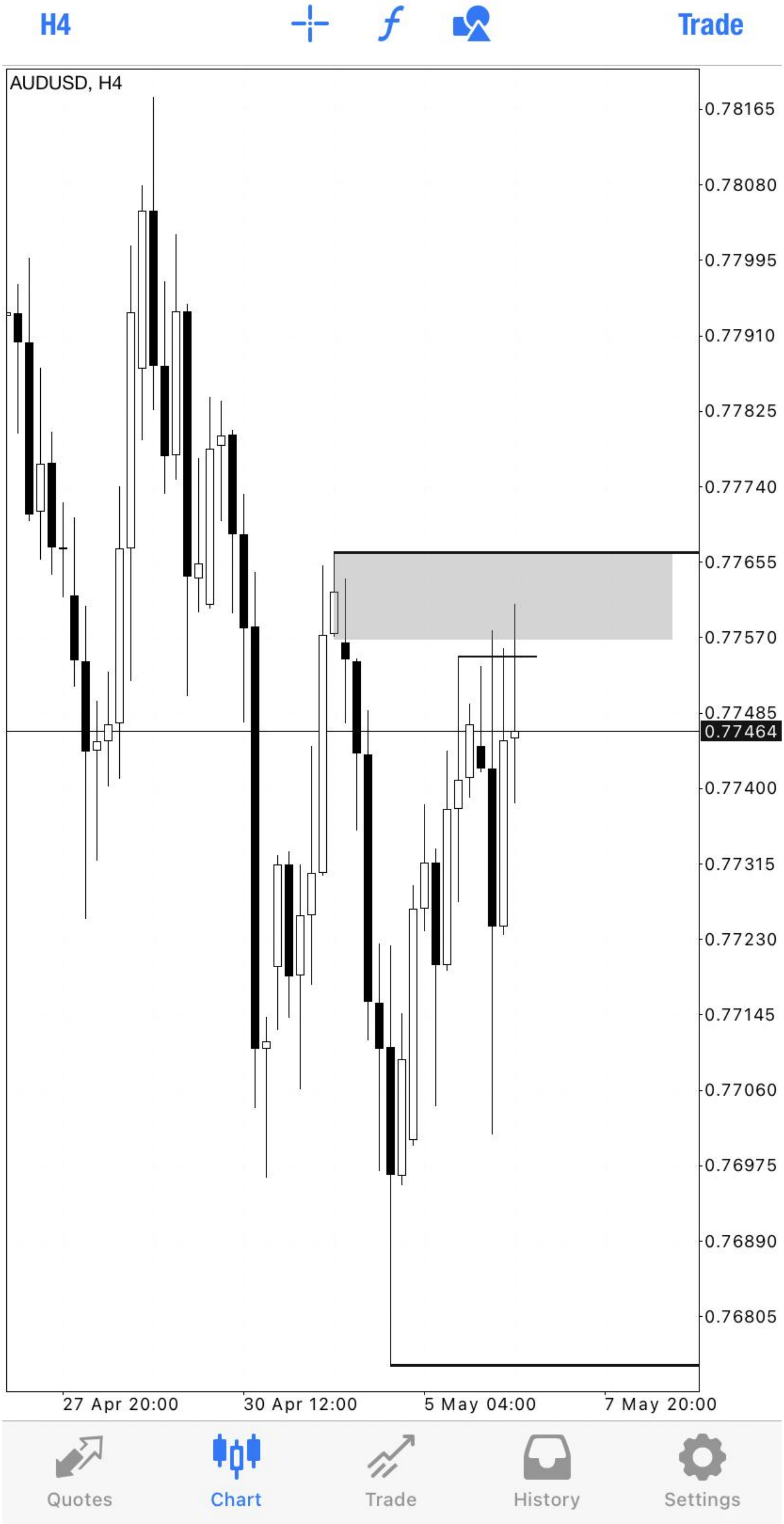
I never actually try to predict a reversal. I can only confirm a reversal after it's happened, so in hindsight. I can anticipate pull-backs with sweeps, MSB's, supply and demand reactions but never reversals because you don't need to. Catching tops and bottoms might look good but you really don't need to.

2) Opposing Confluences

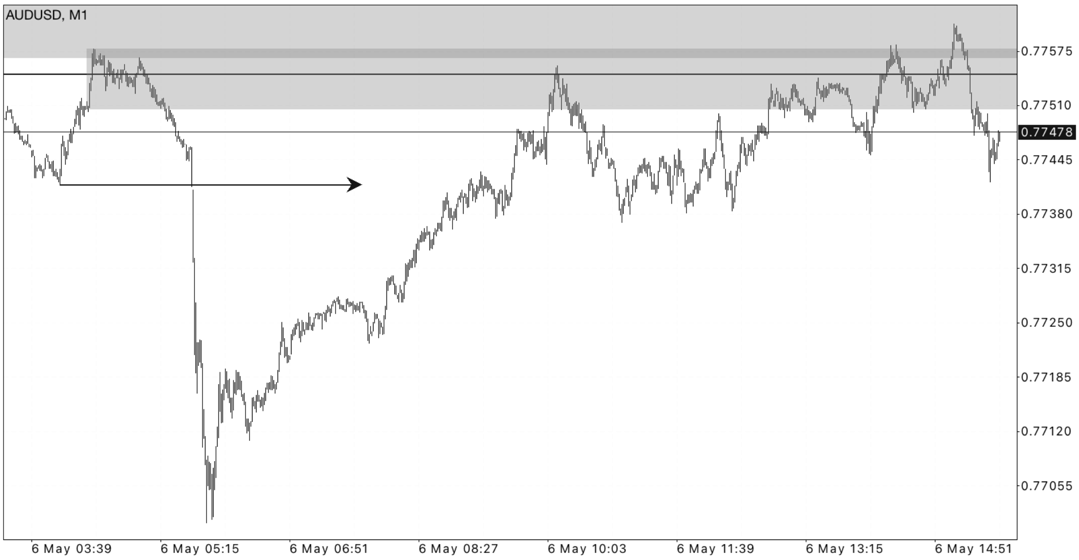
Not every trade will be crystal clear with absolutely nothing going against it. Sometimes the trades you aren't as confident in end up working out the best. I usually leave a trade when there are 2 opposing confluences that have just happened which make my trade lower probability.

For example, if I am looking to take a short and I have all my confluences ready to confirm my trade but then we have a H4 sweep of a swing low, then price also breaks M15 structure to the upside leaving behind a M15 demand zone we now have two obstacles in our way. So that short trade is now invalid. If you feel you have enough confluence for the short trade you are able to ignore this and take the short however this will come with time and experience.

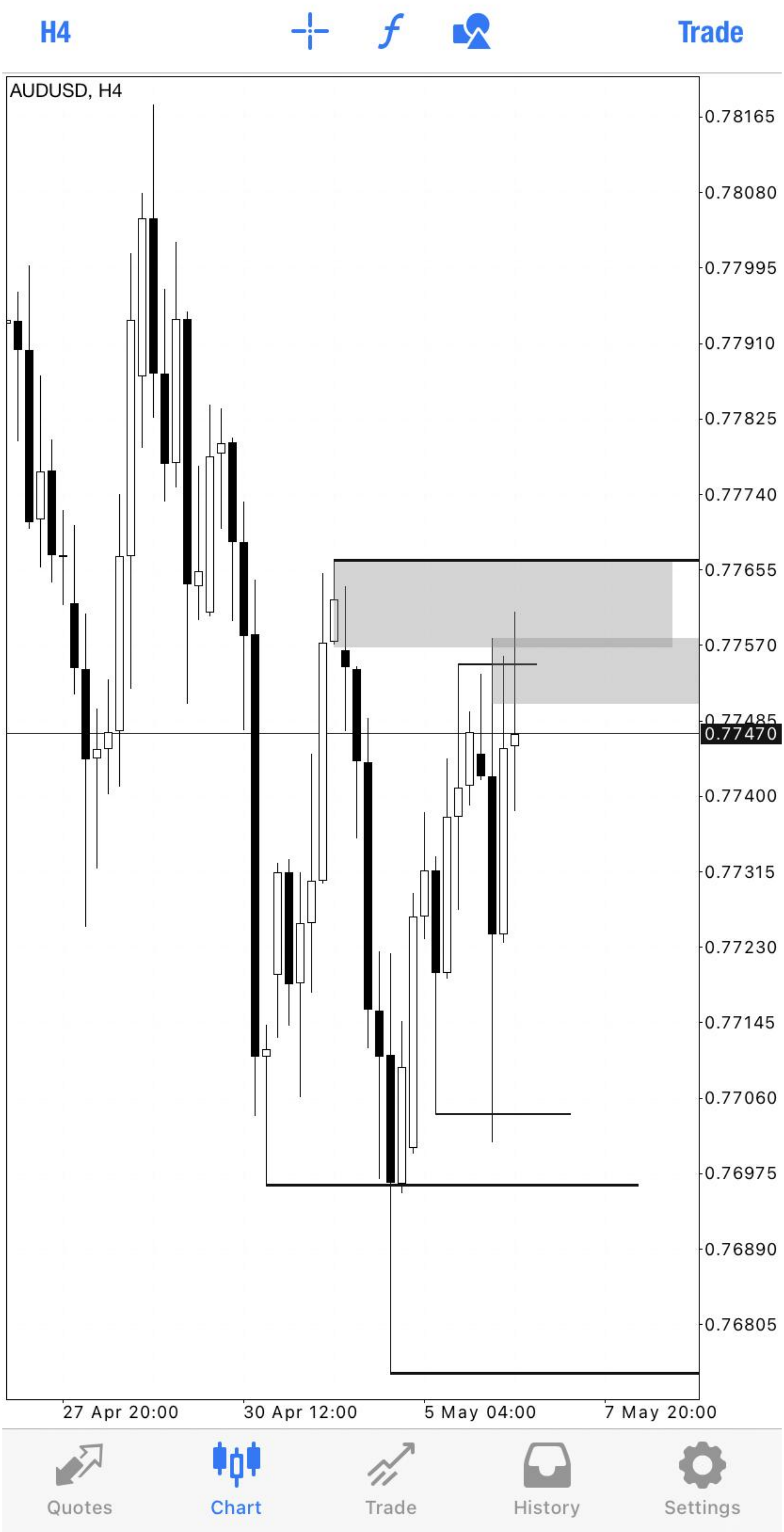
I'll show you in the example below


H4
Trade
AUDUSD, H4
0.78165
0.78080
0.77995
0.77910
0.77825
0.77740
0.77655
0.77570
0.77485
0.77464
0.77400
0.77315
0.77230
0.77145
0.77060
0.76975
0.76890
0.76805
27 Apr 20:00
30 Apr 12:00
5 May 04:00
7 May 20:00
Quotes
Chart
Trade
History
Settings

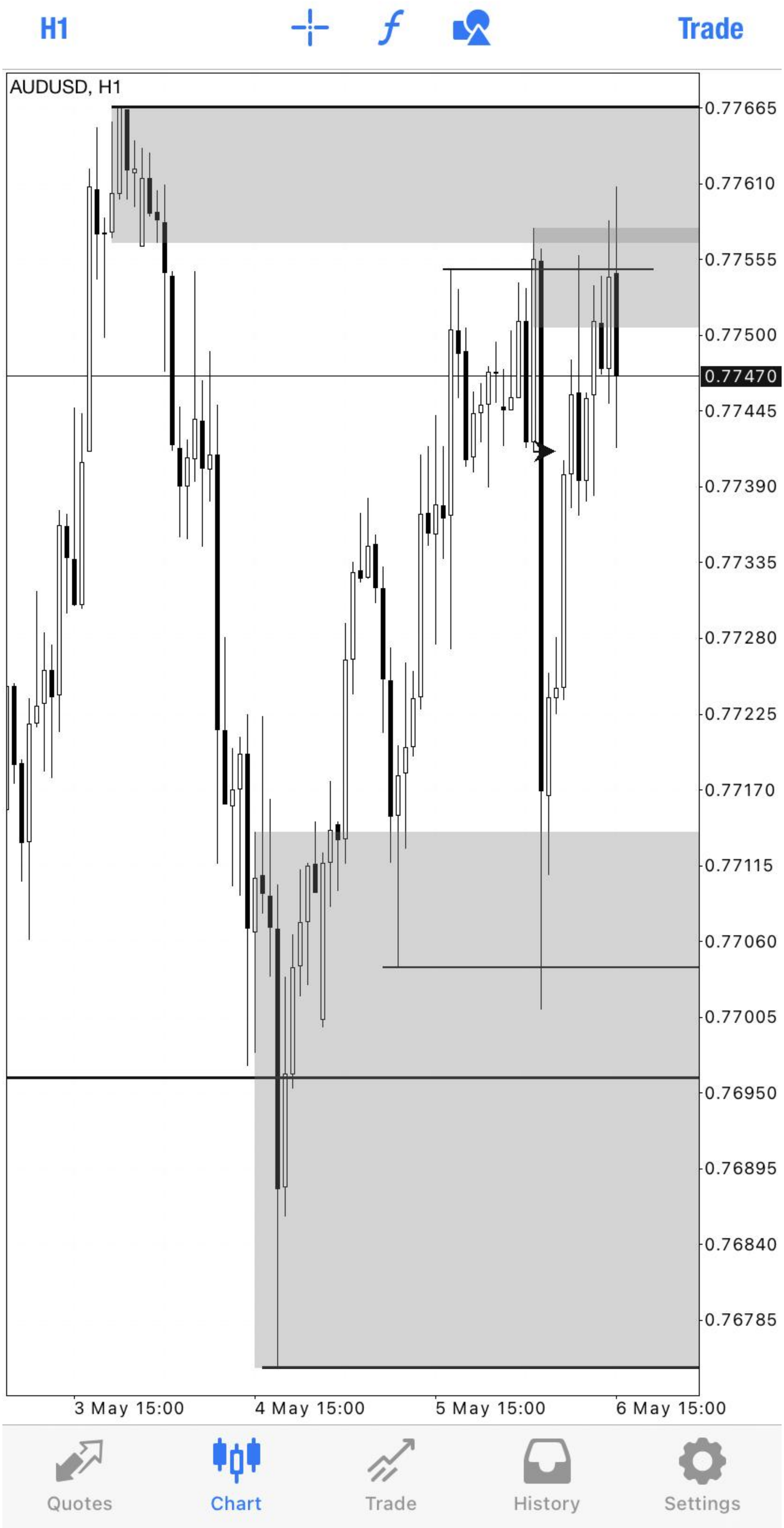



So in the example above we have bearish H4 market structure, H4 supply zone price has reacted off and also a H4 sweep into this supply zone. This looks like a great short however it ends up losing. This may frustrate you if you don’t have a good read on the market because I’ll have to admit this trade looked like it was great for shorts… but still lost. The reasons I would this trade are below:



H4
Trade
AUDUSD, H4
0.78165
0.78080
0.77995
0.77910
0.77825
0.77740
0.77655
0.77570
0.77485
0.77470
0.77400
0.77315
0.77230
0.77145
0.77060
0.76975
0.76890
0.76805
27 Apr 20:00
30 Apr 12:00
5 May 04:00
7 May 20:00
Quotes
Chart
Trade
History
Settings



H1
Trade
AUDUSD, H1
0.77665
0.77610
0.77555
0.77500
0.77470
0.77445
0.77390
0.77335
0.77280
0.77225
0.77170
0.77115
0.77060
0.77005
0.76950
0.76895
0.76840
0.76785
3 May 15:00
4 May 15:00
5 May 15:00
6 May 15:00
Quotes
Chart
Trade
History
Settings

As you can see above the main reason to avoid this trade would be the fact we had two H4 bottom side sweeps and a H1 bottom side sweep and price reacted heavily off the H1 bullish origin (bottom grey origin).

Remember just because you see a setup that looks good doesn't mean it will win, you have to be aware of context. It may be hard at first and I'll be honest you are going to take losses. Trading is a marathon not a sprint. If you keep consistent and work hard behind the scenes you will succeed, just like in any other profession.

3) Removing Limits.

Usually I remove my limit order if price reaches 4R without actually filling my order (so I'm not in the trade). I've found that once this first initial move is done price may not want to go further, especially if it has already reacted off a HTF level/area and now wants to go in the opposite direction.

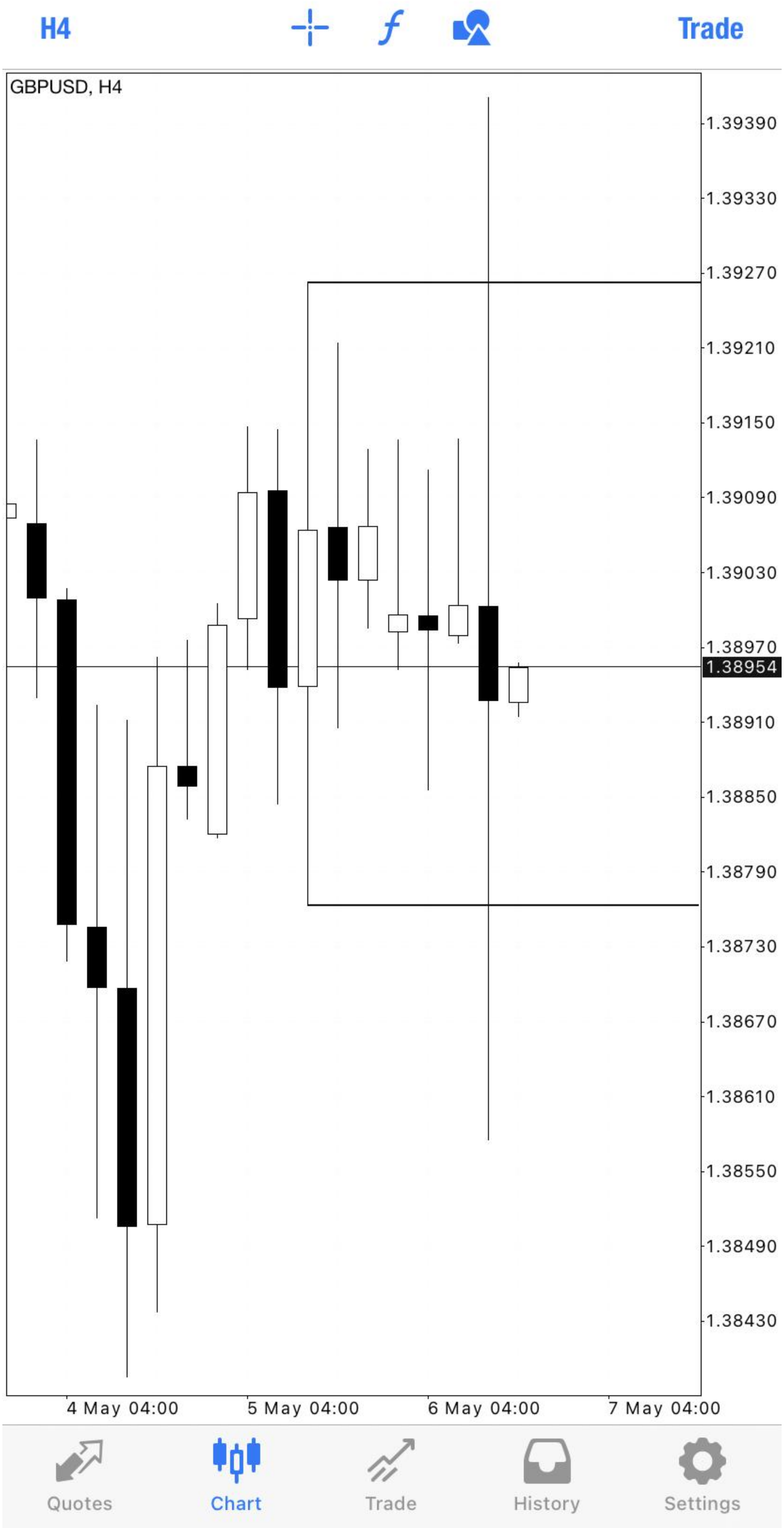
However I do have a couple of situations where I do leave my limit in even if it does go past 4R.

- If we get a M15 MSB
- If we are within Premium/Discount of the range
- If we are with a HTF level/Area (E.g Origin, Supply/Demand Zone, Market Structure High/Low Etc.)

To start off I would advise removing your limit at 4R if you have been tagged into the trade by then. As time goes on you can journal the outcomes and decide whether you like this rule or you don't. Some people don't remove their limits at all and just keep them there until they eventually get filled but I only take setups that form that day as I don't hold any trades overnight.

4) Double Sided Sweeps

This will be a short one as it is very simple. If you get 2 sweeps in the same candle I avoid trading for the time being. The reason being is because it creates uncertainty which I don't like, there is no need to rush into trades if the conditions are not right. There are more than enough setups every week for you to only take the best ones, be patient.

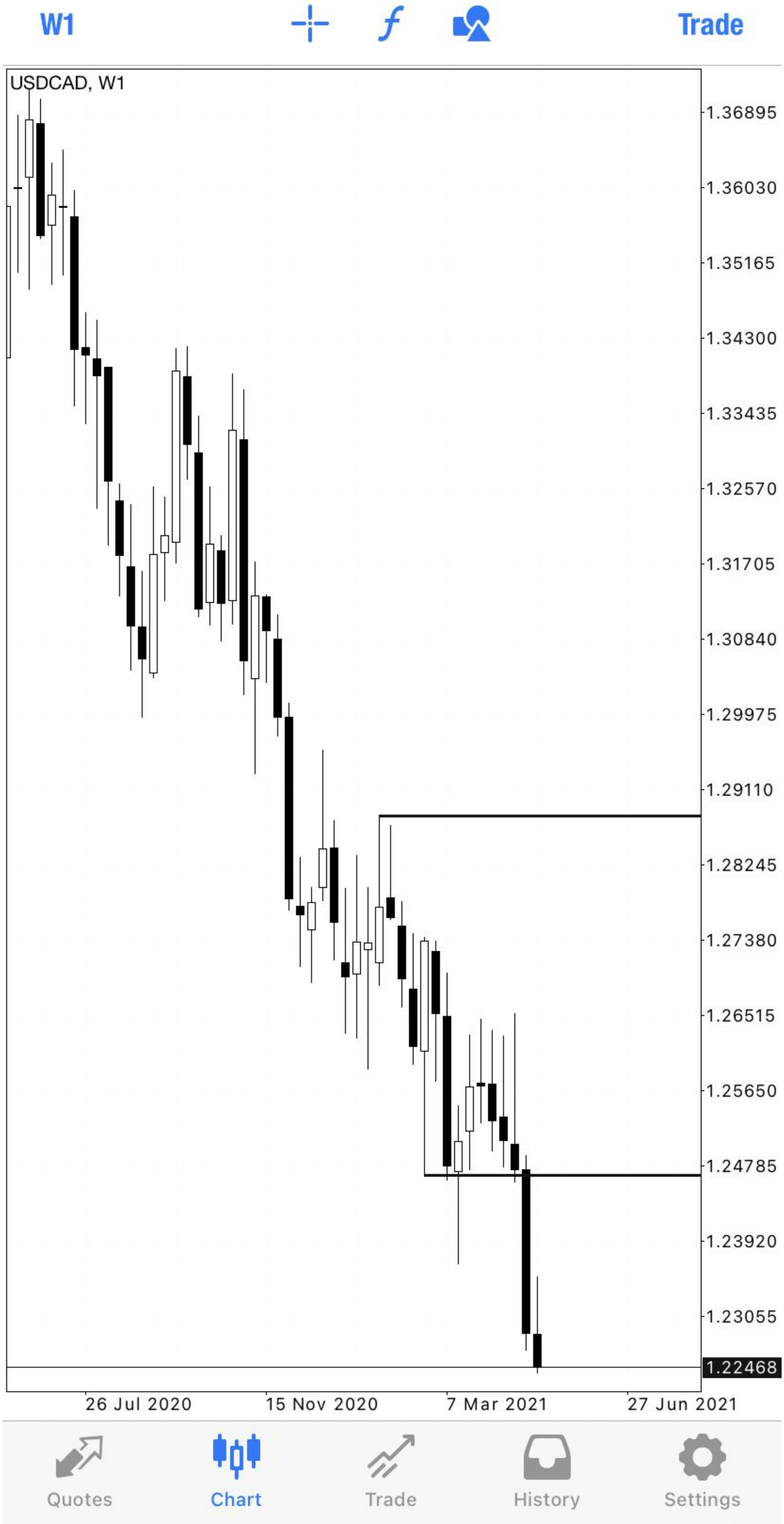

H4
Trade
GBPUSD, H4
1.39390
1.39330
1.39270
1.39210
1.39150
1.39090
1.39030
1.38970
1.38954
1.38910
1.38850
1.38790
1.38730
1.38670
1.38610
1.38550
1.38490
1.38430
4 May 04:00
5 May 04:00
6 May 04:00
7 May 04:00
Quotes
Chart
Trade
History
Settings

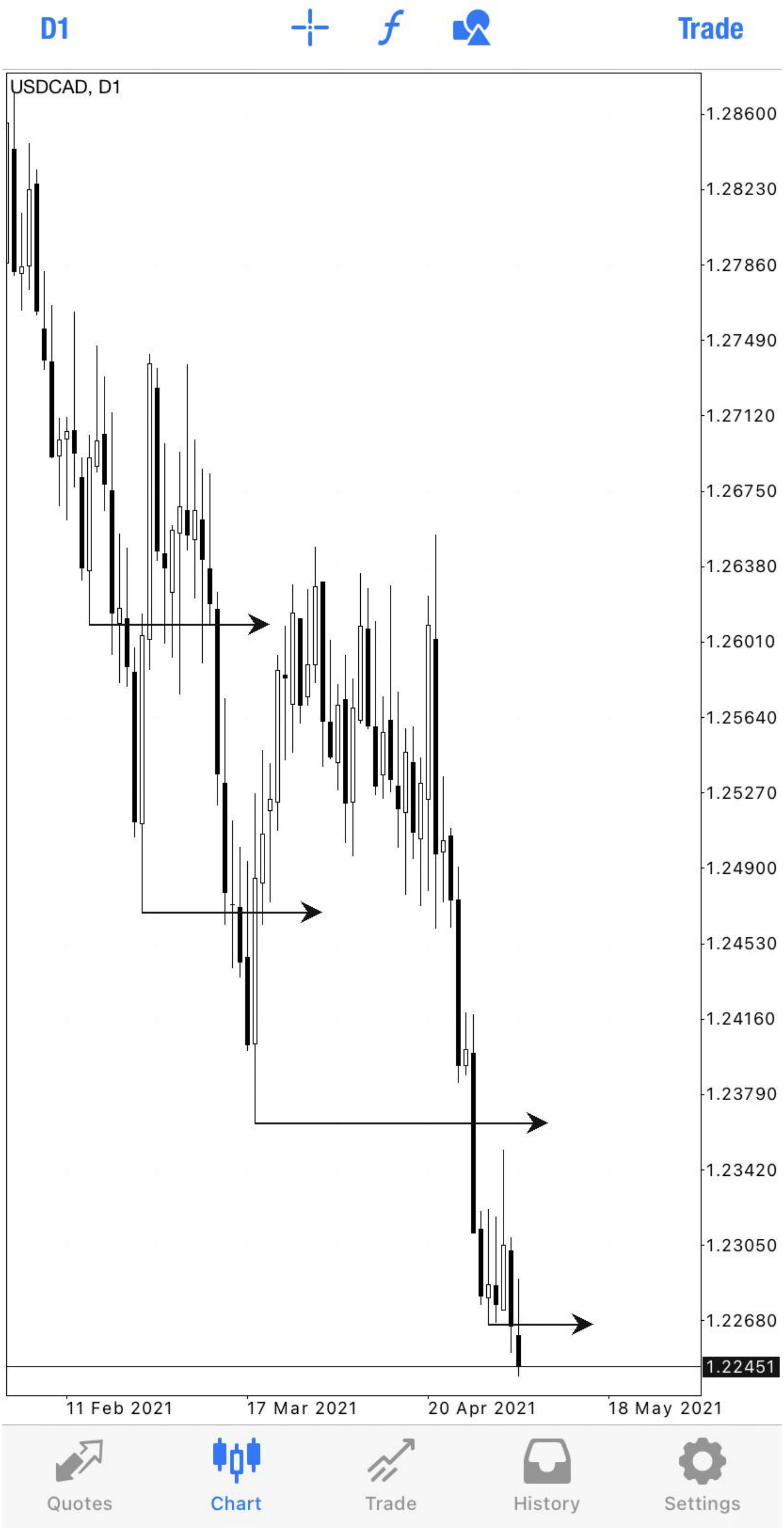
**The Blueprint (How I Approach The Market Daily)**

1) Mark out market structure on the Weekly, Daily then H4 timeframe. My most important time frame for market structure is H4 so if they are contradicting each other I go with H4 a lot of the time as I trade intraday.
2) Mark out Supply & Demand zones and Origins on the Weekly, Daily then H4 and also now the H1. H4 and H1 are my most important time frames for Supply & Demand zones and Origins.
3) Mark out any sweeps on Weekly, Daily, H4 and H1 you can also look for sweeps on the M15 also.
4) Depending on where price is at, decide if you're going to trade FROM a key level/area or TOWARDS a key level/area. E.g if I am within a H1 demand zone I am going to be looking for longs FROM this area. Another example would be let's say you have a H4 Origin below where price is currently at and you think price will get to this origin.. You're going to trade down TOWARDS this level.
5) When you have all your key areas & levels marked out all you have to do now is wait for your setup to play out. I take setups during London (7AM-10AM UK Time) & New York (12PM-4PM UK Time) mainly.
6) Let's say a setup does play out. We get a M15 sweep > M5 MSB & we're looking to trade down towards a H4 origin. I'll work out my SL size, put it into a lot size calculator (I use MyFxBook which is free or a Stinu app which is around £15 per year) , set a sell limit… then wait.
7) I set my targets at 3R all the time. You don't have to, you can set it to wherever you feel the price is going however this works best for me. I don't like seeing profit reverse on me so 3R TP is perfect for me.
8) I let the trade do it's thing. The only time I move my SL is when the price gets to 2R profit. If we get to 2R I will move my SL slightly past entry. We either hit the 3R target or we are out at break even.
9) Journal the outcome. I use my own private Telegram channel to journal my trades. My journal format is: Pair/Direction/Date/Session/Result followed by before & after screenshots.



W1
Trade
USDCAD, W1
1.36895
1.36030
1.35165
1.34300
1.33435
1.32570
1.31705
1.30840
1.29975
1.29110
1.28245
1.27380
1.26515
1.25650
1.24785
1.23920
1.23055
1.22466
26 Jul 2020
15 Nov 2020
7 Mar 2021
27 Jun 2021
Quotes
Chart
Trade
History
Settings


W1
Trade
USDCAD, W1
1.36895
1.36030
1.35165
1.34300
1.33435
1.32570
1.31705
1.30840
1.29975
1.29110
1.28245
1.27380
1.26515
1.25650
1.24785
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1.23055
1.22468
26 Jul 2020
15 Nov 2020
7 Mar 2021
27 Jun 2021
Quotes
Chart
Trade
History
Settings

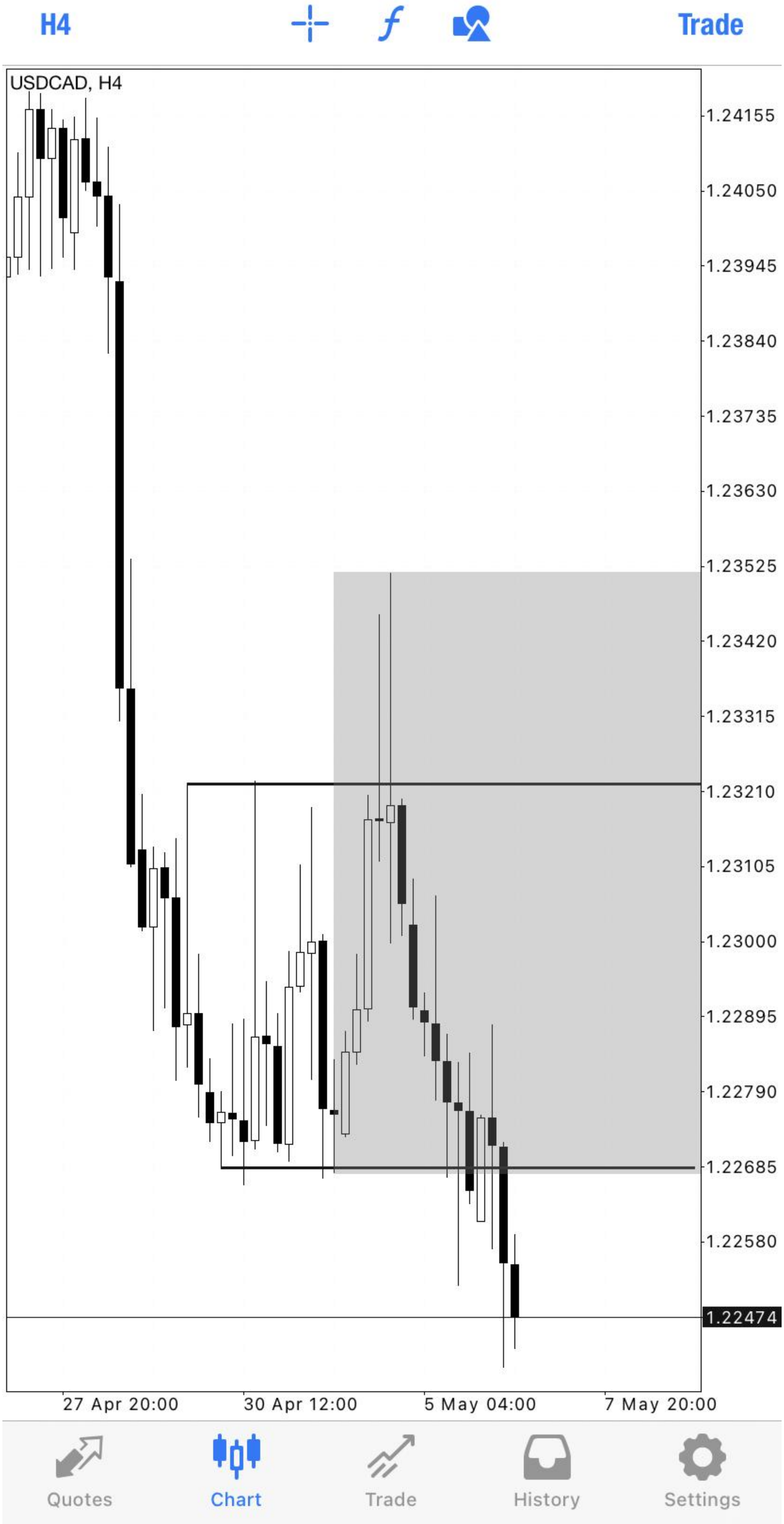

D1
Trade
USDCAD, D1
1.28600
1.28230
1.27860
1.27490
1.27120
1.26750
1.26380
1.26010
1.25640
1.25270
1.24900
1.24530
1.24160
1.23790
1.23420
1.23050
1.22680
1.22451
11 Feb 2021
17 Mar 2021
20 Apr 2021
18 May 2021
Quotes
Chart
Trade
History
Settings

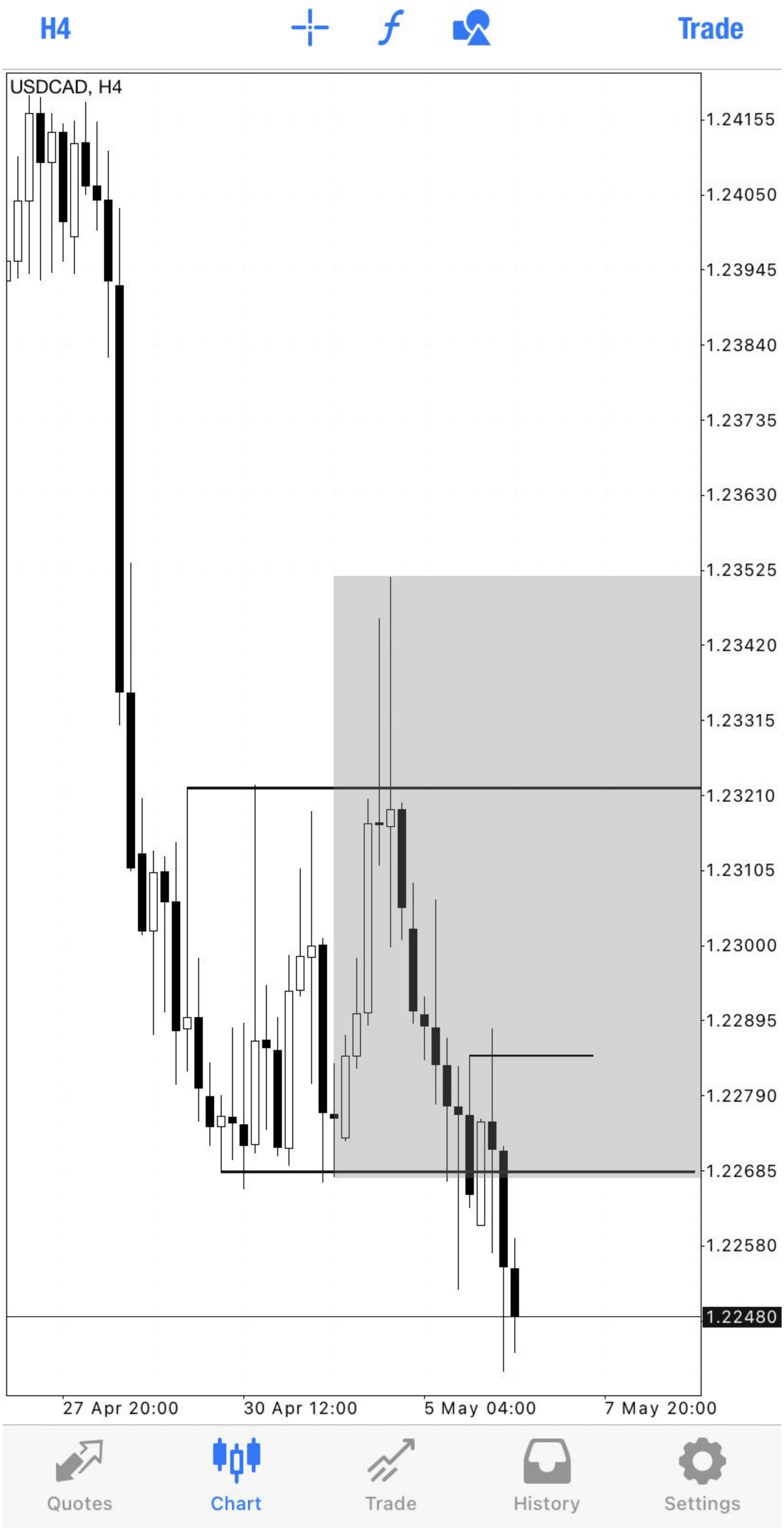


D1
Trade
USDCAD, D1
1.27345
1.27050
1.26755
1.26460
1.26165
1.25870
1.25575
1.25280
1.24985
1.24690
1.24395
1.24100
1.23805
1.23510
1.23215
1.22920
1.22625
1.22457
11 Mar 2021
2 Apr 2021
26 Apr 2021
14 May 2021
Quotes
Chart
Trade
History
Settings

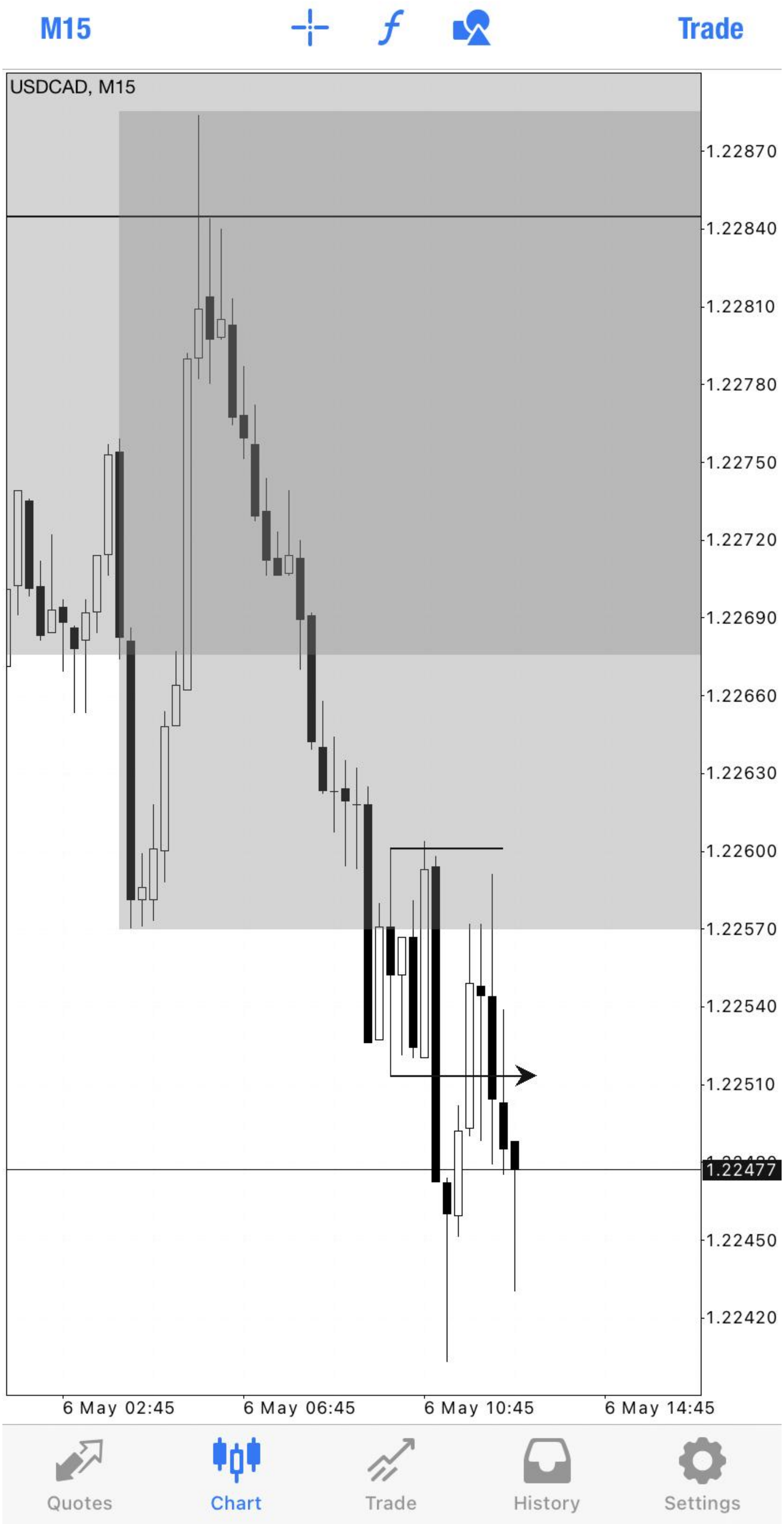

H4
Trade
USDCAD, H4
1.26505
1.26260
1.26015
1.25770
1.25525
1.25280
1.25035
1.24790
1.24545
1.24300
1.24055
1.23810
1.23565
1.23320
1.23075
1.22830
1.22585
1.22464
20 Apr 12:00
26 Apr 12:00
30 Apr 12:00
6 May 12:00
Quotes
Chart
Trade
History
Settings

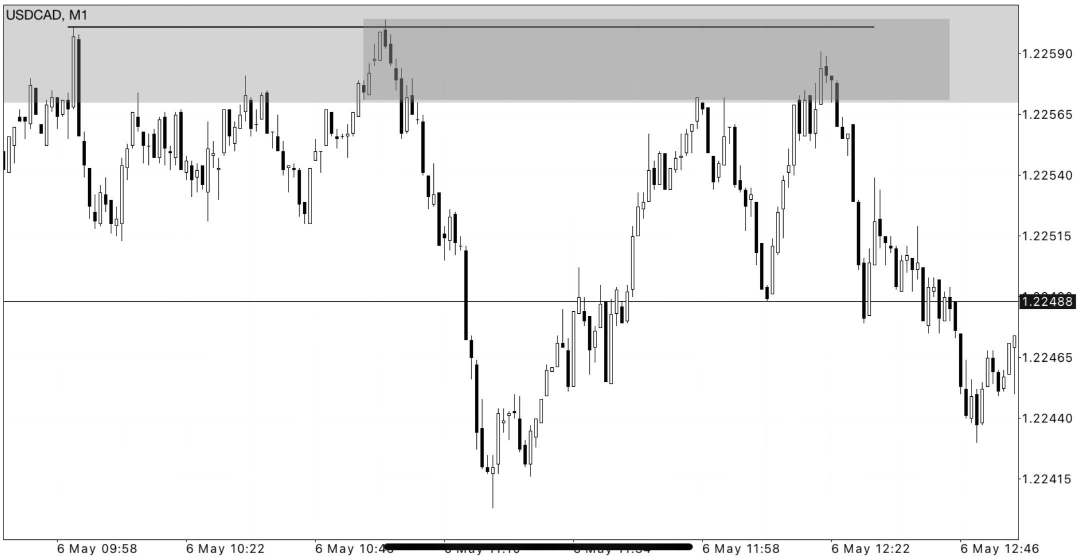

H4
Trade
USDCAD, H4
1.24155
1.24050
1.23945
1.23840
1.23735
1.23630
1.23525
1.23420
1.23315
1.23210
1.23105
1.23000
1.22895
1.22790
1.22685
1.22580
1.22469
27 Apr 20:00
30 Apr 12:00
5 May 04:00
7 May 20:00
Quotes
Chart
Trade
History
Settings


H4
Trade
USDCAD, H4
1.24155
1.24050
1.23945
1.23840
1.23735
1.23630
1.23525
1.23420
1.23315
1.23210
1.23105
1.23000
1.22895
1.22790
1.22685
1.22580
1.22474
27 Apr 20:00
30 Apr 12:00
5 May 04:00
7 May 20:00
Quotes
Chart
Trade
History
Settings


H4
Trade
USDCAD, H4
1.24155
1.24050
1.23945
1.23840
1.23735
1.23630
1.23525
1.23420
1.23315
1.23210
1.23105
1.23000
1.22895
1.22790
1.22685
1.22580
1.22480
27 Apr 20:00
30 Apr 12:00
5 May 04:00
7 May 20:00
Quotes
Chart
Trade
History
Settings


H1
Trade
USDCAD, H1
1.23500
1.23430
1.23360
1.23290
1.23220
1.23150
1.23080
1.23010
1.22940
1.22870
1.22800
1.22730
1.22660
1.22590
1.22520
1.22484
1.22450
4 May 20:00
5 May 12:00
6 May 04:00
6 May 20:00
Quotes
Chart
Trade
History
Settings


M15
Trade
USDCAD, M15
1.22870
1.22840
1.22810
1.22780
1.22750
1.22720
1.22690
1.22660
1.22630
1.22600
1.22570
1.22540
1.22510
1.22477
1.22450
1.22420
6 May 02:45
6 May 06:45
6 May 10:45
6 May 14:45
Quotes
Chart
Trade
History
Settings




If price gets to 4R without filling my limit I usually delete the limit however with this example price is heavily bearish with no real signs of slowing down so the trade has a very high chance of working (like it did). We also broke M15 structure which is also a good sign because of course a M15 MSB is much better than a M1 MSB for example.

Tools:

- Broker (Below) = IC Markets
- Trading App = MT4
- Lot Size Calculator = MyFxBook https://www.myfxbook.com/en/forex-calculators/position-size
- Journal = Telegram
- Commission Rebates = PayBackFX https://www.paybackfx.com (IC Markets commissions are a bit higher than normal due to 0 spreads so you can claim back fees on winning & losing trades when you link your trading account to PayBackFX)
- News App = Investing.com or ForexFactory

**Broker**

https://www.icmarkets.com/?camp=52231

IC Markets

Trading can be challenging enough as it is. As hard as consistently profitable trading is, the last thing you need is broker issues.

My average stop loss size is around 3-4 pips, spreads can be a real issue when your stop size is so small. We've all experienced a trade stopping us out due to spread for it to then turn around and hit TP soon after. Although that still happens to me sometimes using a broker with 0 pip spread (99% of the time) really helps remove that issue from your trading.

IC Markets also offer 1:500 leverage if you sign up to their Global account (not Australia based) whereas the UK based brokers are no longer allowed to offer leverage this high. This really helps traders who don't have huge sums to start off with as you do not require as many funds in your account in order to trade the same size. Also, the customer support with IC Markets is miles ahead of any other broker I have had to deal with. Any issues are usually sorted professionally and more importantly within 24hrs of the problem arising.

I have left my referral link below and would greatly appreciate you using it if you do decide to go with IC Markets. I will receive a small commission from IC Markets if you do use my link to sign up however this will not come at a cost to you. This will be paid by IC Markets and this will not affect your trading at all.

https://www.icmarkets.com/?camp=52231

Thank You 🙏

**Side Notes**
I try to keep my trading as process orientated as possible and what I mean by that is I like to repeat the same things over and over again. I wake up in the morning and know exactly what I'm looking for and if it hasn't or isn't happening I simply do not trade.

This used to be the complete opposite of how I approached the markets every day. I used to switch styles, enter anywhere, not really know what I wanted to see in a trade and the results of this spoke for themselves.

I believe you develop key skills over the years as a trader that you can't really teach or be taught by anyone else. No trading guru or course will teach you how to be a trader, you can only teach yourself. They can teach you different styles, concepts, patterns etc. but they cannot teach you how to trade completely. This is why trading takes years for the vast majority who even get past the first year. A business doesn't take a month to become consistently profitable or you don't perfect a skill within a month and trading is no different.

If you decide the LTF isn't for you then please stay away from it, there are hundreds of different ways to trade the market not just one. Just because you see M1 charts all over twitter doesn't mean that is the best way to trade. Find out and test what works for you through Backtesting and journaling every trade and soon enough you'll create your very own profitable system.

**Conclusion**
With over 600+ message requests eagerly awaiting the PDF I have decided to choose a selected number of people. This extend version is even more exclusive as it 10x more value than the free version which included the basics, this one includes every last bit of my system.

Finally, I hope you have enjoyed this PDF and more importantly learned something from this that you can integrate into your own trading. I help a lot of traders for free and they will vouch

for me on this because I have a genuine interest in markets and trading as a whole. But I have never done anything like this so although it looks good to me you may come across slight mistakes if so, please let me know so I can clear things up.

Please take your time to read through all the sections of this PDF and tell me what you think, I'd love to hear your feedback.

Enjoy 🙌
Twitter: @m1trades




**Disclaimer**
**RISKS ASSOCIATED WITH FOREX TRADING**
Trading foreign currencies can be a challenging and potentially profitable opportunity for investors. However, before deciding to participate in the Forex market, you should carefully consider your investment objectives, level of experience, and risk appetite. Most importantly, do not invest money you cannot afford to lose.
There is considerable exposure to risk in any foreign exchange transaction. Any transaction involving currencies involves risks including, but not limited to, the potential for changing political and/or economic conditions that may substantially affect the price or liquidity of a currency. Investments in foreign exchange speculation may also be susceptible to sharp rises and falls as the relevant market values fluctuate. The leveraged nature of Forex trading means that any market movement will have an equally proportional effect on your deposited funds. This may work against you as well as for you. Not only may investors get back less

than they invested, but in the case of higher risk strategies, investors may lose the entirety of their investment. It is for this reason that when speculating in such markets it is advisable to use only risk capital.

**Risk Disclaimer for Forex Trading**
Trading foreign exchange on margin carries a high level of risk, and may not be suitable for all investors. Past performance is not indicative of future results. The high degree of leverage can work against you as well as for you. Before deciding to invest in foreign exchange you should carefully consider your investment objectives, level of experience, and risk appetite. The possibility exists that you could sustain a loss of some or all of your initial investment and therefore you should not invest money that you cannot afford to lose. You should be aware of all the risks associated with foreign exchange trading, and seek advice from an independent financial advisor if you have any doubts. I cannot recommend to you trading live funds.

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